

appetite

your guide to a delicious life

The Regional Special

Recipes from Bicol, Batangas, Cavite, Cagayan, Davao, Leyte, Quezon, and more

Memories of Old Pampanga's Kitchens

Pancit Langlang, p. 31



Everyday Filipino

Laswa, Humba, Kalderetang Batangas, Vigan Longganisa Lumpia, and more

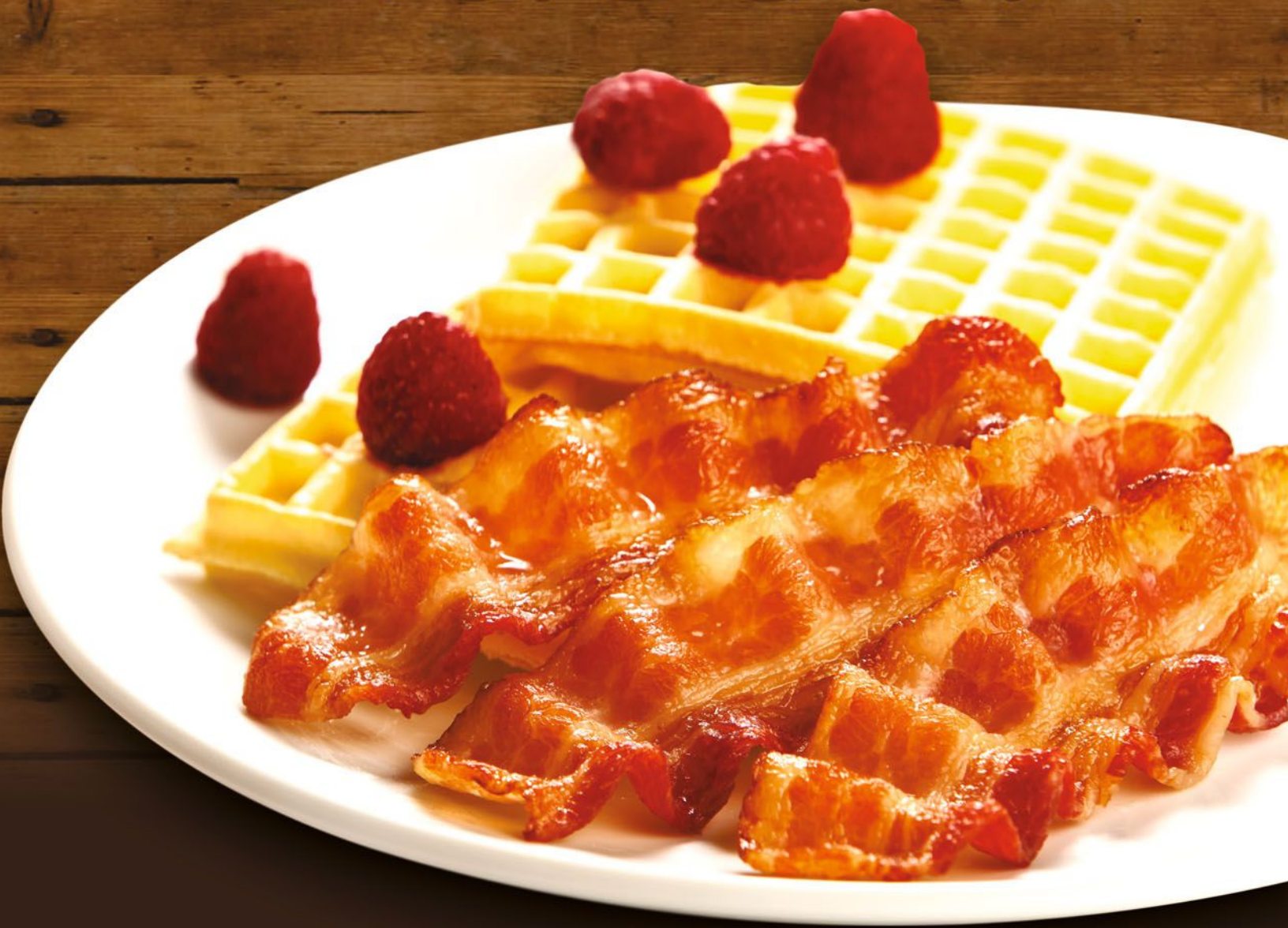
8 Great pancit recipes

Fresh kinilaw recipes

Make ube and cheese pastillas at home



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Chicken Tocino

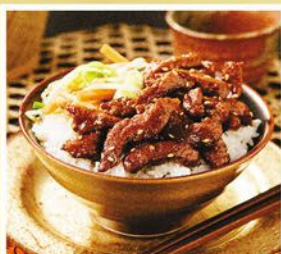


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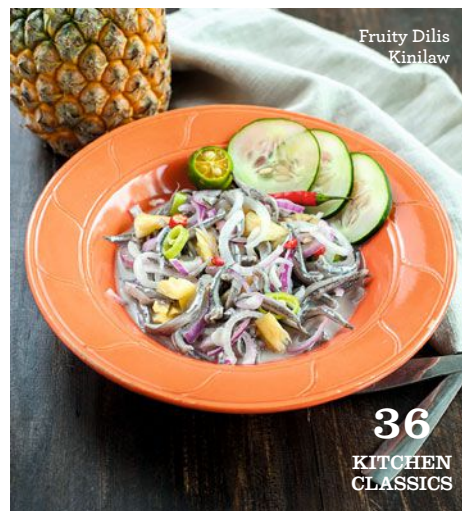
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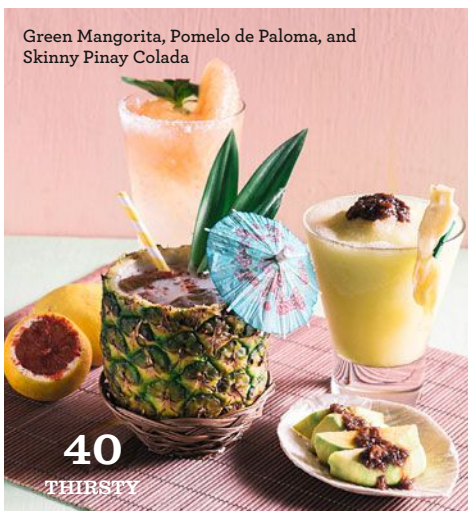
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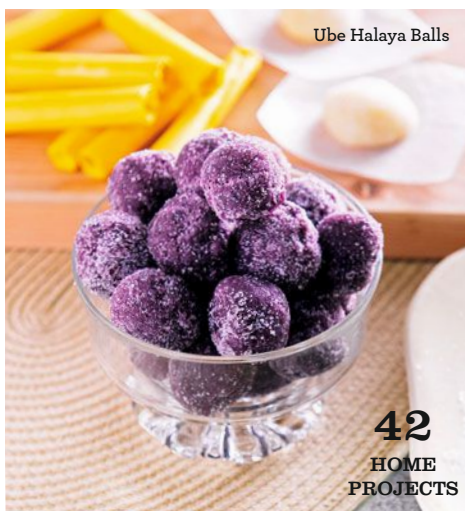
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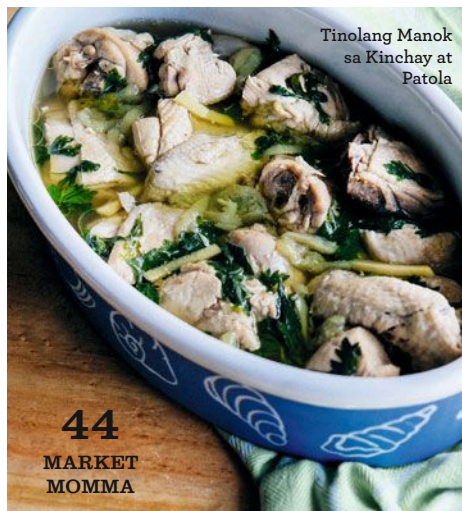
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• AUGUST 2015 •

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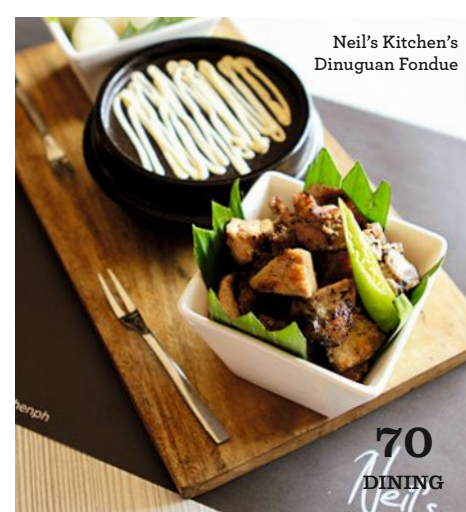
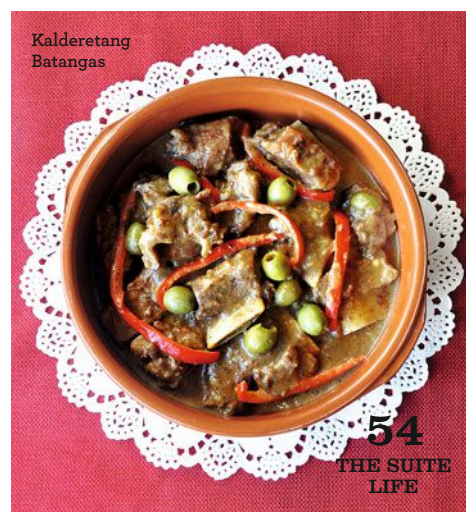


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Say delicious, say Ole!



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with
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Preparation Time: 20 minutes
Cooking Time: 30 Minutes
Serves: 4

Crispy Noodle Basket with Vermicelli & Shrimps in Shrimp Annatto Sauce

Ingredients:

- 100 g Sapporo Long Kow Vermicelli (sotanghon)
- 200 g Sapporo Pancit Canton
- Water, for boiling the noodles
- 1 Liter Vegetable Oil, for deep-frying
- 30 ml Sesame Oil, for frying the shrimps
- 500 g Medium Shrimps, deveined and skin-peeled but preserve the tail (reserving the head for the shrimp stock)
- 1 cup Water
- 5 grams Annatto seeds
- 1 cup Water
- 200 g Shiitake mushroom, sliced
- 100 g Snow peas, rinsed and trimmed
- 4 cloves Garlic, finely chopped
- 1 piece Red onion, sliced
- 1 stalk Celery, sliced
- 1 Tbsp. Cilantro, coarsely chopped
- 1 Tbsp. cornstarch
- ½ cup Water
- 50 ml Canola Oil, for sautéing the vegetables
- Salt and freshly ground black pepper, to taste

Procedure:

1. Prepare the shrimps, by deveining and removing the skin, but reserving the tail.
2. Boil the annatto seeds and 1 cup of water for five minutes. Strain, reserving the broth.
3. Rinse the head of the shrimps. Using a medium saucepan, place the head of the shrimps, reserved broth from annatto, add another 1 cup of water and boil them together for 30 minutes.
4. For the crispy noodle basket, boil 4 cups of water and add 2 tablespoons of oil. Add the noodles while stirring occasionally and cook until they are parboiled. Drain well. Spread the noodles on a kitchen towel and dab them lightly to absorb all the moisture. Divide them into equal portions and place one portion of the noodles in a strainer in a single layer to make a basket.
5. Using a deep-shallow frying pan, heat the oil over medium-high heat. Put a small stainless heat-proof bowl on the top of noodles and place the heat-proof ladle on top of the stainless bowl with a little pressure. This will help to hold the shape of the crispy noodle. When the noodles are starting to get crispy, using a big spoon, scoop out some oil and pour all sides until the noodles are golden brown. Remove carefully from the strainer and place on absorbent kitchen paper. Repeat with remaining noodles to make more baskets. Keep aside.
6. For the vermicelli noodles, place them in a heat-proof bowl; pour over the boiling water and stir using chopsticks to separate noodles. Drain, refresh in cold water, and then drain again.
7. Going back to the shrimp broth. Strain, and pushing the shrimp heads onto the strainer to release more juice and flavor. Reserve the broth.
8. Start cooking the vegetables. Using a medium-frying pan, heat oil over medium heat. Add half of the garlic and onions and cook for one minute. Add the shiitake mushrooms, celery, snow peas and bell peppers. Cook them for 3-5 minutes, and season with salt and pepper. Set aside.
9. Cook the shrimp-annatto sauce. Heat sesame oil in the pan over medium. Add half of the garlic and cook for one minute. Pour over the shrimp broth. Dissolve the cornstarch in a 30 ml of water, and pour over the shrimp broth while stirring constantly to avoid from lumps. Generously season them with salt and pepper. Combine the shrimp-annatto sauce and vermicelli together. Once mixed, the seasoning can still be adjusted if they are bland.
10. Start cooking the shrimp by seasoning them with salt and pepper. Heat the sesame oil over medium heat. Pan-fry the shrimps until they are moist and tender. Set aside.
11. To assemble, Place the crispy noodle basket onto a serving plate. Place the vermicelli noodles on top and scatter the sautéed vegetables. Put the shrimps on top of everything. Serve immediately. Shrimp-annatto sauce can be served on the side.

Nutrition Facts

- Calories 905
- Fat 47g
- Protein 41g
- Carbs 79g



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Trying my hand at pounding *duman*, the precious young rice grains of Sta. Rita, Pampanga



Discovering the New PH

AS THE INTERNET BECAME INCREASINGLY MORE AVAILABLE TO US OVER THE PAST 15 YEARS, WE ALSO BECAME MORE INTERESTED IN THE WORLD OUTSIDE OUR SHORES. Even without leaving our homes, we are able to learn about other cultures via the world wide web, apart from what we have learned in school, books, movies and TV shows. In a sense, we have become global citizens who are now more aware, more educated and more sensitive to the goings-on around the world.

Coincidentally, travel to Asia, America, the Middle East, and Europe has also become more accessible, creating more travel savvy Pinoys with a global perspective. International restaurant brands have set up shop here, with many of us lining up just to get a bite of that famous donut, a slurp of that legendary ramen, or a mouthful of those celebrated pork buns. But after years of looking outside, I think we have finally learned to look inside our own backyard, so to speak.

I believe this hunger for exploring the world has somehow brought about a new phenomenon, a change in our collective psyche as a people. Because we are able to compare ourselves to the rest of the world, we are now more appreciative of what the Philippines has to offer. Finally, we have learned to be proud of who we are as a people and what our country has in human, natural and culinary resources.

Whereas anything locally-made used to be the second choice over something

imported, today it is fun, cool, and hip. And that applies even to our choices of food and ingredients nowadays. Suddenly, we are celebrating dishes that our *lola* or *manang* used to cook, giving importance to ingredients we used to ignore or take for granted. Filipino restaurants are now high on our list when dining out, with dishes ranging from the old-fashioned and traditional to the playful and modern interpretations of our cuisine.

I'm loving the positive energy in our country right now (even from Pinoys abroad) with so many chefs, food entrepreneurs, home cooks, and just about every other Pinoy all excited and eager to promote Philippine cuisine, sparked by a palpable reawakened pride. There is just so much to discover in kitchens all over Luzon, Visayas, and Mindanao and I'm glad you're here with us for the ride. Thank you for inviting me into your kitchens!

nina
Nina Daza-Puyat
Editor in chief



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Championing the love for Filipino food: (L-R)
Chef JP Anglo, newcomer Neil Ramos, and Chef Tatung Sarthou

Buon Jcoccino!



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What is your favorite sisig?



NINA DAZA-PUYAT
Editor in Chief

My first taste of sisig was literally along the *riles* at Aling Lucing's in Angeles, Pampanga in the mid '80s, and that became my benchmark for all other sisigs. The classic sisig has to have crunch from the pork skin, chewiness from the grilled ears, and an earthy creaminess from liver. It also has to have the perfect balance of spice from the chili peppers, sourness from the *calamansi* and of course, a punch of umami. Chef JP Anglo's **Chicken Inasal Sisig (P335)** at **Sarsa Kitchen + Bar** delivers just that without the guilt. You'll just have to eat it with rice though. Lots of it!

SARSA KITCHEN + BAR IS LOCATED AT UNIT 1-7 FORUM SOUTH GLOBAL BONIFACIO GLOBAL CITY, TAGUIG. CEL. NO. (0927) 706 0773



VIA PELEA
Managing Editor

I discovered sisig very late in the game so I was brought by my well-meaning friends to the place that started it all in Quezon City—**Trellis**. Their *sisig* (P189) is a combination of the crisp and chewy pork parts and the pungency of raw onion is enhanced with a healthy drizzle of liquid seasoning and at least 12 pieces of *siling labuyo*. With that much heat from the chilies, you'll have to forget your diet and eat this with a cup or three of rice!

TRELLIS RESTAURANT IS LOCATED AT KALAYAN AVE., QC AND IN SALCEDO VILLAGE, MAKATI)



JANELLE AÑO
Associate Editor

Razon's of Guagua's sisig (P220/good for 2) is on the fattier side, and I wouldn't have it any other way. It's also the perfect mix of chewy and crispy: the meat is on the chunkier side, but when the fat renders, it gives the meat a nice crust. Thanks to a generous amount of chilies and onions, it's flavorful enough to stand on its own, but a little drizzle of liquid seasoning never hurts. And while you're there, try their buttery sizzling *bulalo* too. #YOLO

FOR A COMPLETE LIST OF BRANCHES, VISIT THEIR WEBSITE AT < [HTTP://WWW.RAZONSOGUAGUA.COM/](http://www.razonsoguagua.com/)>



YLLAINE SABENECIO
Editorial Assistant

When I discovered **Sisig Society**, I was amazed by how a simple sisig can be made in different ways. I particularly like the **Pork Sisig with Bacon, Chorizo, and Diablo Sauce combination (P169)** because they made the traditional pork *sisig* more sinful by the addition of bacon and chorizo with a spicy sauce to complement the richness of the dish. Now, all you need is a bottle of beer.

SISIG SOCIETY IS LOCATED AT EASTWOOD CITYWALK 1, LIBIS, QUEZON CITY



REGINE VELILLA
Graphic Designer

A measure of how much I love an *ulam* is based on how much rice I can eat with it. **Manam's Crispy Sisig (P375/large)** is so flavorful that it doesn't need condiments anymore. Its crunch does not seem to end, and the slight tanginess makes the dish more interesting and addictive. Last time I had this *sisig*, I ate more than a day's worth of rice in one sitting!

MANAM IS LOCATED AT GREENBELT 2, AYALA CENTER, MAKATI CITY. TEL. NO. (02) 625 0515



JENNO CONTRERAS
Multimedia Editor

A crispy and savory Pinoy classic, served Mexican-style, **Tipsy Pig Gastropub's Belly Good Sisig Tacos (P280)** is quite the filler and is best served with your favorite drinks, in the company of good friends on a weekend night. Cheers!

TIPSY PIG IS LOCATED AT CAPITOL COMMONS, CAMINO VERDE RD, PASIG



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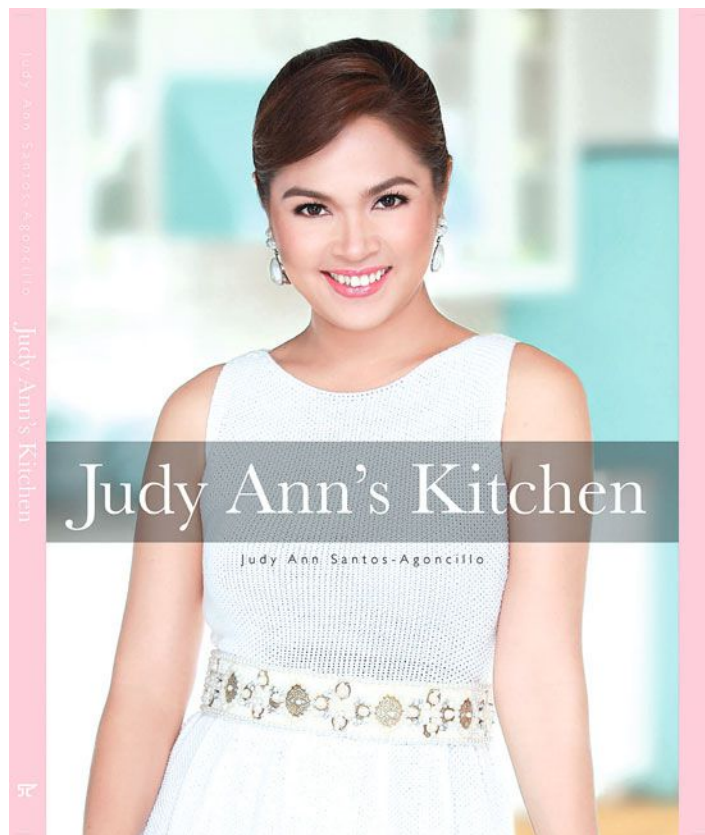




Welcome to Juday's Kitchen

Actress, producer, host, and recording artist Judy Ann Santos adds one more title under her belt: cookbook author. Last July, Judy Ann, together with National Bookstore and Anvil Publishing, released her first cookbook, *Judy Ann's Kitchen*. Beautifully photographed with clear and concise recipes (plus plenty of kitchen tips culled from Judy Ann's years of experience as a home cook, Junior MasterChef Philippines host, and culinary student), the book is divided into sections like comfort food, party food, and kid-friendly *baon*. The book also includes her signature dishes like Angus Tapa Sandwich with BBQ Sauce, Miswa Bona-Bona, and Rainbow Cake.

JUDY ANN'S KITCHEN IS EXCLUSIVELY AVAILABLE IN NATIONAL BOOKSTORE AND POWERBOOKS



The Boss is Back!

Buddy Valastro is back with an all-new season of *Cake Boss*. This season, the show puts the spotlight on Buddy and the crazy antics of his close-knit family, their respective bakeries, as well as the amazing cakes and larger-than-life confections that the Valastro clan comes up with! In this interview, Buddy Valastro shares some of the ABCs of baking:

WHAT MAKES A GOOD KITCHEN, AND WHAT ARE SOME OF THE ESSENTIAL ITEMS A BAKER SHOULD ALWAYS HAVE IN HER KITCHEN?

What makes a good kitchen is the cook, of course. You have to believe in what you're doing.

Some of the things that make a good kitchen—the tools. For decorating, there's a turntable or pastry bag. A good oven where the temperature is more regulated makes for better baking. [And] a good cook isn't afraid to try new things and experiments with flavors.

WHAT IS THE MOST IMPORTANT THING A BAKER SHOULD HAVE?

Sugar, from an ingredient standpoint. From a tool perspective, it would definitely be a pastry bag. I never leave home without it.

WHAT ARE THREE THINGS THAT MAKE A CAKE SPECIAL?

First, you've got to taste it. The most important thing is the flavor of the cake. The second [is making] it look good. A tier cake usually impresses people. And the third is probably in the way you construct it because you can make a great cake but [if] it falls down when you try to move it, then you're going to have to start over.

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8. Dessert Plate Berain - Dimensione, P2795





PULLED LECHON KAWALI SANDWICH.
Lechon kawali strips and skins, lettuce, tomato, and onions, on pan de sal bun.



LAING LASAGNA.
Spicy vegetable dish with dried taro and coconut milk in lasagna sheets



How to Satisfy a Metropolitan Appetite

TAKING PINOY PALATES ON A JOURNEY
AT RESORTS WORLD MANILA

WORDS BY GELO BORRAMEO

GLOBAL INFLUENCE DOMINATES MUCH OF LOCAL CULTURE. FILIPINOS HAVE HABITUALLY BOUGHT IN TO INTERNATIONAL IDEAS, FROM FASHION, ENTERTAINMENT, AND ESPECIALLY MORE SO WITH FOOD.

While cuisines from all over the world have succeeded in acquiring the appetite of local gourmards, creative restaurateurs have not neglected the unique palate of Filipinos and the traditional tastes that have made the country a global dining hotspot.

Embracing the concept of East meets West, Resorts World Manila (RWM) has taken culinary confluence to heart under the direction of W. Scott Sibley. Serving as RWM's Chief Hotel Operations Officer, Sibley brings the world's flavors and combines them with the right amount of traditional

touch to satisfy discerning Pinoy foodies.

From the lineup of inventive hot dog creations at sports watering hole Franks, to the famous chicken pork adobo pizza at fusion restaurant Prosperity Court, Sibley has successfully come up with the recipe to cure contemporary cravings.

Now, Sibley has once again wielded his magic to satisfy a hunger as huge as the concrete jungle itself with the recently opened concept restaurant New York Pinoy Deli (NYPD). Inspired by the Empire City's epic food crawls, RWM congests the flavor and fanfare of a thriving food scene and serves it with a touch of local flair.

Offering a feast for food lovers, NYPD serves a lineup of juicy burgers, over-the-top sandwiches, unique pizza and pasta creations, as well as a host



W. Scott Sibley,
Resorts World Manila's
Chief Hotel Operations Officer

marinated in traditional Visayan manner, and the Chori Burger, a burger served with patty made of chorizo and US beef sandwiched together with kesong puti, fried egg, and veggies.

The restaurant also takes New York's strong Italian influence and adds a local twist like the Laing Lasagna, a dish made with the classic Bicolano spicy taro cuisine, the Caldereta Fettuccine, a local favorite on a bed of al dente pasta, and a pan of freshly made Pinoy Pizza made different daily.

Don't get caught craving, let NYPD take you to New York and back at Resorts World Manila.

FOR MORE INFORMATION ON RESORTS WORLD MANILA'S CULINARY OFFERINGS CALL THE TOURIST/VISITOR HOTLINE AT (02) 908-8833 OR VISIT WWW.RWMANILA.COM.

of classic favorites that combine the core of New York's culinary senses with the familiar zest of Pinoy cuisine.

At NYPD, diners can sink their teeth into localized 'Big Apple' treats such as the Pulled Lechon Kawali, a sandwich of lechon kawali strips and skins with lettuce, tomatoes, and onions served on a pan de sal bun, the Bacolod Chicken Inasal, another sandwich this time made with grilled chicken

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Recipes

AUGUST 2015

This month, we bring you a mix of traditional and reinvented Filipino recipes. Take your taste buds on a trip with our eight regional *pancit* recipes. Try Davao's famous Shrimp Kinilaw, or Bicol's coconut-rich Tinutungang Manok. Or how about integrating local ingredients with modern recipes, just like in Celine's Banana Crumble or Chef Trish's Easy Baked Ampalaya Chips?

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Cheese Pastillas
Ube Halaya Balls





Loving Local

THESE FILIPINO RECIPES ARE GUARANTEED TO BE
STAPLES IN YOUR DINNER TABLE

Recipes by **Celine Clemente Lichauco**
Photographed by **Yukie Sarto of Studio 100**
Art direction by **Yllaine Sabenecio**

LASWA

Makes 6-8 servings

INGREDIENTS:

6-7 cups	Water
3 cloves	Garlic, minced and pounded
1	Onion, sliced into quarters
¼ kilo	Shrimps
½ kilo	Squash, cubed
1 bunch	Sigarilyas, ends trimmed and cut into 1" pieces
10	Okras, trimmed and cut into 1" pieces
2	Medium eggplants, cut into cubes
½ cup	Malunggay leaves
	Salt and pepper

PROCEDURE:

1. In a stock pot over medium heat, combine water, garlic, and onions. Boil for 3 minutes then add shrimps. Boil until shrimps turn pink, about 2 minutes.
2. Add squash and cook until half done, about 3-5 minutes. Then add the *sigarilyas* and cook until half done. Add the okras and eggplants then cook for 5 minutes more. Lastly, add *malunggay* leaves. Season with salt and pepper.

Did you know?

Laswa is an Ilonggo vegetable soup similar to Batangas' *bulanglang* and Ilocos' *dinengdeng*



New!



PREMIUM SELECTIONS

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Spring Rolls



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Naturally fermented from locally grown sugar cane, the sweet and tangy Datu Puti Natural Cane Vinegar is perfect to making your green salad deliciously special!

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FRIED FISH WITH SWEET-SOUR MANGO SAUCE

Makes 6-8 servings

INGREDIENTS:

- 1 Whole fish, preferably *lapu-lapu*, scaled and gutted
- Salt and black pepper
- ¼ cup Cornstarch, as needed
- ¼ cup Cooking oil, for frying
- 2 Tbsps Cooking oil, for sautéing
- 1 Medium onion, thinly sliced
- 3 cloves Garlic, minced
- ½ cup Chicken stock
- 1 tsp Light soy sauce
- 2 Tbsps Apple cider vinegar
- ½ Carrot, julienned
- 1 Red bell pepper, julienned
- Cornstarch slurry *
- 1 Ripe mango, cut into cubes

* 1 tsp cornstarch + 2 tps water

PROCEDURE:

1. Season fish with salt and pepper. Spread cornstarch on a plate. Dredge fish with cornstarch on both sides.
2. Heat cooking oil in a frying pan. Fry the fish until golden brown. Set aside.
3. In a skillet, heat oil over medium heat. Sauté onion and garlic for 3 minutes. Add stock, soy sauce, and vinegar then simmer for 5 minutes.
4. Add carrots and bell pepper and cook until carrots are tender. Season with salt and pepper. Add sugar, if desired. Thicken the sauce with cornstarch slurry then add the mango cubes. Arrange the fish on a platter and pour the sauce over the fish.



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INASAL NA LIEMPO

Makes 8-10 servings

INGREDIENTS:

ATSUETE OIL:

½ cup Vegetable oil
¼ cup Atsuete seeds
5 cloves Garlic, thinly sliced
2 Bay leaves

LIEMPO:

4 cloves Garlic, pounded and minced
2 stalks Lemongrass, pounded and thinly sliced
1 Tbsp Ginger, sliced thinly
2 Tbsps Onion powder
¼ cup Sinamak vinegar
• Juice of 10 calamansi
¼ cup Atsuete oil
1 tsp Rock salt (or ½ tsp iodized salt)
½ tsp Cracked black pepper
1 kilo Pork liempo, sliced
• Atsara

PROCEDURE:

1. Make the *atsuete* oil: In a sauce pan, combine vegetable oil, *atsuete*, garlic, and bay leaves. Simmer over low heat for 10-15 minutes. Remove from heat before garlic turns brown and let cool.
2. Make the marinade: In a food processor, blend garlic, lemongrass, ginger, onion powder, vinegar, calamansi juice, and *atsuete* oil until well-combined. Season with salt and pepper. If you don't have a food processor you may use a mortar and pestle to pound the ingredients.
3. Pour the marinade mixture over the pork *liempo* and marinate for at least an hour inside the refrigerator. For best results, marinate overnight.
4. Grill the *liempo* over live charcoal and baste with leftover marinade as it cooks. Serve with *atsara* on the side.



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BANANA CRUMBLE

Makes 4 servings

INGREDIENTS:

- 6-7 **Saba bananas, boiled and sliced**
- 3 Tbsps **Brown sugar**
- Juice of 10 calamansi**
- ½ cup **Flour**
- ¼ cup **Brown sugar**
- 2 Tbsps **Butter, plus more for greasing**

PROCEDURE:

1. Preheat the oven to 350°F. In a mixing bowl, toss the *saba* bananas with sugar and *calamansi* juice. Set aside.
2. Make the crumble: In another mixing bowl, combine flour and brown sugar. Add softened butter and mix until crumbly.
3. Grease a round pan or baking dish with butter. Spread the *saba* mixture on the bottom then top with crumble. Bake for 45 minutes or until the crust is light golden brown.



Celine Clemente-Lichauco

Celine Lichauco graduated from the Center for Asian Culinary Studies and received training as a chef in a hotel restaurant. She has ventured into the corporate world as a research and development manager for a famous coffee company. She cultivates her love for cooking and baking by making food for her family and friends.



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**Place of origin:
CAVITE**

One of the most famous noodle dishes in Cavite, *pancit choca* gets its black color from squid ink.



A Pancit Parade

TAKE YOUR TASTE BUDS ON A TRIP WITH THESE EIGHT PANCIT RECIPES FROM ALL OVER THE PHILIPPINES

Kitchen testing and styling by **Nina Daza-Puyat and Chef Via S. Pelea**

Art direction by **Regine Paola Velilla**

Photographed by **Krizia Cruz**

Sittings editors **Yllaine Sabenecio and Janelle Año**

PANCIT CHOCA

Recipe by **Maria Victoria Gueverra Calaguas**

Makes 4 servings

INGREDIENTS:

1/3 cup	Cooking oil
1 head	Garlic, minced then divided into 2 portions
1	Medium onion, chopped
1/2 kilo	Squid, cleaned and sliced
	•Squid ink reserved from the squid sac
2 cups	Shrimp stock
1	Shrimp bouillon cube
2 Tbsps	Soy sauce
1/4 tsp	Ground black pepper
2 Tbsps	Cooking oil
1-2 cloves	Garlic, minced
1/4 kilo	Shrimps, boiled and peeled (reserve 2 cups of shrimp stock)

1/4 kilo	Mussels (<i>tahong</i>), steamed and shelled
1/4 kilo	Oysters (<i>talaba</i>), when available
250g	•Salt and pepper, to taste
	<i>Bihon</i> noodles, soaked in water
	•Chopped spring onions
	•Pork <i>chicharon</i> , crushed

PROCEDURE:

1. Sauté half of crushed garlic in oil until light golden brown. Remove garlic and set aside.
2. In the same pan, sauté the other half of the crushed garlic and onion until fragrant. Add the sliced squid and squid ink. Press ink sacs with the back of a spoon to release black ink. Pour in the shrimp stock and shrimp cube.

3. Drain the noodles and add this to the squid ink broth. Stir continuously for about 5 minutes until noodles are soft and have absorbed all the squid broth, about 5-7 minutes. Turn off heat.
4. In another pan, heat cooking oil. Sauté garlic and cook until light golden. Toss in shrimps, mussels, and oysters. Season with *patis* and pepper. Set aside.
5. Transfer cooked *pancit* to a serving dish. Top with shrimps, mussels, and oysters. Sprinkle with toasted garlic, spring onions, and crushed *chicharon*.

PANCIT BATIL PATONG

Original recipe shared by **Malou Perez Nievera**

Makes 6-8 servings

INGREDIENTS:

7 cups	Beef broth (7 cups water + 3 beef cubes)
2 Tbsps	Cooking oil
1	Medium onion, sliced
2-3 cloves	Garlic, minced
1	Chinese chorizo, sliced
¼ kilo	Ground beef
1	Small carrot, peeled and sliced into strips
1 cup	Shredded cabbage
2 Tbsps	Oyster sauce
2 Tbsps	Soy sauce
100g	Beef liver, sliced
½ cup	Bean sprouts
¼ tsp	Ground black pepper
4	Eggs
1 (500g) pack	Pancit canton
2 Tbsps	Chopped spring onions, for garnish

ON THE SIDE:

- Chopped red onions
- Soy sauce
- Spicy vinegar

PROCEDURE:

1. Prepare beef broth* by bringing water and beef cubes to a boil. Set aside.
2. In a wok, heat cooking oil. Sauté onions until soft, about 2 minutes, then add garlic.
3. Next, add the Chinese chorizo and mix until fat is rendered. Add ground beef and stir-fry until meat is cooked, about 5 minutes.
4. Add the carrots and cabbage to the meat. Stir-fry for 2 minutes then season with oyster sauce and soy sauce. Add liver strips and toss in bean sprouts. Pour 1 cup of broth and simmer for about 1 minute then turn off heat. Season with ground black pepper. Remove sautéed meats and vegetables to a plate and set aside.
5. In the same wok, pour about 1-2 cups of the beef broth. Bring to a boil. Slowly crack one egg and poach in this liquid until set, but leave yolk slightly runny. Remove with a slotted spoon. Repeat until all eggs are cooked.
6. Pour 4 cups of the remaining broth in the wok and bring to a simmer. In the same simmering broth, add the noodles. Stir as it softens and then cover wok to allow noodles to cook. When cooked, scoop out noodles and transfer to a serving platter.
7. Top cooked noodles with sautéed vegetables and poached egg. Serve with extra broth, raw onions, soy sauce, and spicy vinegar on the side.

**Make fresh beef broth by boiling beef bones (bias ng baka) in water for 3-4 hours*

Place of origin: TUGUEGARAO

Batil Patong simply means all the components are placed on top of the noodles. Enjoy this with spicy vinegar instead of *calamansi*.





Place of origin: BATANGAS

A favorite merienda of Batangueños because it is filling and inexpensive, *lomi* is heavy enough to eat as a meal because it has meatballs, pork strips, and liver. This noodle soup has a sticky consistency from the use of cassava flour as a thickener

LOMI NG LIPA

Makes 2-3 servings

INGREDIENTS:

¼ kilo	Pork <i>kasim</i>
4-5 cups	Water
2 Tbsps	Cooking oil
1	Red onion, chopped
2 Tbsps	Soy sauce
1 Tbsp	Oyster sauce
1 Tbsp	<i>Patis</i>
3 cups	Pork broth
2 cups	Fresh <i>miki</i> noodles, washed and drained
	•Salt, white pepper, vetsin (optional)
2 Tbsps	Cassava or tapioca starch dissolved in 4 Tbsps water
1	Beaten egg + 1 Tbsp water

TOPPINGS:

1	•Sliced pork liver <i>adobo</i>
	•Chinese <i>kikiam</i> , sliced
	•Pork meatballs (Use <i>lumpiang shanghai</i> filling. Roll into small balls and fry in oil)
	•Cooked pork slices

PROCEDURE:

1. Boil pork *kasim* in 4-5 cups of water for an hour. Reserve broth and allow meat to cool. Slice into strips.
2. In a large wok, heat cooking oil. Sauté red onions until soft and fragrant, about 2 minutes.
3. Combine soy sauce, oyster sauce, and *patis* in a small bowl. Add to the onions and stir for a minute.
4. Pour in pork broth and fresh *miki* noodles. Season with 2 pinches of salt, white pepper, and vetsin, if using.
5. Cover wok and simmer noodles for 3 minutes. Add cassava starch slurry and continue to stir with a spoon until soup thickens, about 2 minutes.
6. Pour beaten egg into the mixture and continue to stir until egg strands appear in the soup. Turn off heat.
7. Pour soup into bowls and top with liver, *kikiam*, pork meatballs, and pork slices. Serve with chopped raw onions, red chili peppers, soy sauce, and *calamansi* halves on the side.

PANCIT LUGLOG

Recipe by Chef Gene Gonzalez from Cocina Sulipeña, Culinary Gems from Old Pampanga

Makes 6-8 servings

INGREDIENTS:

¼ cup	Annatto seeds (<i>atsüete</i>)
¼ cup	Oil
250g	<i>Bihon</i> noodles
5 Tbsps	Chopped garlic
1	Medium onion, chopped
¼ kilo	Pork, boiled and cut into strips
75g	Squid, poached and sliced
¼ kilo	Shrimps, peeled, reserve head and shells for juice
1 cup	Shrimp heads and shells
2-3 cups	Rice water washing (2nd washing of rice)
1	Shrimp cube or chicken cube (for extra flavor)
¼ cup	Cornstarch, dissolved in ¼ cup water
	•Salt, pepper and fish sauce to taste

TOPPINGS:

2	<i>Tokwa</i> , cubed and fried
250g	<i>Chicharon</i> , crushed
¾ cup	<i>Tinapa</i> , flaked
1-2	Hard boiled eggs, sliced
2-3	<i>Kamias</i> , sliced
	•Toasted garlic
	•Chopped spring onions
	• <i>Calamansi</i> halves

PROCEDURE:

1. In a saucepan, combine the annatto seeds and oil. Cook for 3-5 minutes then strain the oil. Set aside.
2. Soften the noodles in lukewarm water for at least 30 minutes. Blanch noodles in boiling water until al dente then drain and set aside. Sauté 1 tablespoon of garlic in oil until lightly brown. Add the cooked noodles and sauté for 5 minutes. Set aside.
3. Pound the shrimp heads to extract shrimp juice. Add ¼ cup of water and continue pounding. Strain shrimp juice and set aside.
4. In a new pan, sauté the rest of the garlic in oil until crisp and golden brown. Remove from oil and set aside.
5. In the same pan, sauté onion, pork, squid, and shrimps until cooked. Strain and set aside.
6. Combine shrimp juice, rice water, and annatto oil and simmer. Add shrimp or chicken cube for extra flavor, if desired.
7. Thicken with cornstarch slurry while stirring constantly. Add only a little at a time, until you get the desired consistency. Season with salt, fish sauce, and pepper to taste.
8. Top noodles with sauce, pork, squid, and shrimp. Garnish with *tokwa*, *chicharon*, *tinapa*, sliced hard boiled eggs, and *kamias* slices. Serve with chopped spring onions, crispy garlic, *dayap* or *calamansi*, and *patis*.

NOTE: Alternatively, you may also mix the noodles in the sauce, transfer to a serving dish and top with the various toppings. Serve with *calamansi* and fish sauce.

Place of origin:
BULACAN, PAMPANGA,
AND MANY OTHER
PROVINCES IN LUZON

Pancit Luglog is also known as *pancit palabok*. *Luglog* or *lublob* is the action of dipping the rice noodles quickly in hot water or broth to cook the noodles. The rich orange sauce comes from a flavorful shrimp broth, colored with *atsüete* oil.





Place of origin: NAGA

The broth for this *pancit* is made from cow or pig's head, that is boiled for hours until the meat falls off the bones. "Kalas" literally means "to fall off." (We simplified this recipe by using inexpensive bony cuts of beef)

KINALAS

Makes 6-8 servings

INGREDIENTS:

1 kilo	Pork bones
1 kilo	Beef bones
½ kilo	Beef shank or beef neckbone
6-7 cups	Water
1	Onion, quartered
	• Celery leaves
	• Rock salt and black peppercorns
1	Beef bouillon cube
1 (500g)	Fresh (<i>pino</i>) miki noodles, washed and drained

GRAVY:

2 Tbsps	Cooking oil
1	Small white onion, minced
2 Tbsps	Flour
1 ½-	Beef broth
2 cups	• Salt and ground black pepper

TOPPINGS:

- Boiled beef, sliced
- Hard boiled eggs, halved
- Fried chopped garlic
- Chopped spring onions
- Red chili peppers

PROCEDURE:

1. Make beef stock: Simmer mixed pork and beef bones, beef shank, sliced onions, celery leaves, rock salt, and black peppercorns for 3-4 hours. Reserve about 6 cups of the reduced broth and dissolve 1 beef bouillon cube in it. Set aside.
2. Remove meat from the bone. Slice into small pieces.
3. Make beef gravy: In a small non-stick pan, heat cooking oil and sauté onions over medium heat. Add flour and stir for 1 minute. Pour in 1 ½ - 2 cups beef broth. Season with salt and ground black pepper. Stir with a whisk and continue to cook over low heat until smooth and thick. Turn off heat.
4. Prepare noodles: Boil noodles in the remaining 4 cups of broth for 1-2 minutes. Transfer to a bowl then pour ladleful of gravy over the noodles. Top with sliced beef, hard boiled egg, fried garlic and spring onions. Serve with gravy, and red chili peppers on the side.

PANCIT LANGLANG

Makes 6-8 servings

INGREDIENTS:

- 1 Chicken breast
- 4-5 cups Water
- 2 Tbsps Cooking oil
- 1 Red onion, chopped
- 2 cloves Garlic, minced
- 2 Tbsps Soy sauce
- Pinch of salt and ground black pepper
- Pinch of vetsin (optional)
- 3 - 3 ½ cups Chicken broth
- 1 small bundle Sotanghon (soaked in water for 15 minutes, then drained)
- 1 (500g) pack Fresh miki, (rinsed and drained)
- Flaked chicken adobo
- Red onion rings
- Crushed chicharon
- Chinese parsley or kinchay
- Calamansi halves

PROCEDURE:

1. Boil chicken breast in water for 15-20 minutes. Reserve chicken broth then shred chicken into strips.
2. Cook chicken strips in vinegar, soy sauce, and garlic to make *adobo*. Set aside.
3. In a large wok, heat cooking oil. Sauté onions and then the remaining garlic until soft and fragrant. Season with soy sauce, salt, pepper, and vetsin (if using). Pour in chicken broth and bring to a simmer over medium heat.
4. Add soaked sotanghon and cook for 2 minutes. Next, add fresh *miki* noodles. Mix continuously until both noodles are well combined. Cover wok with a lid and simmer for 8-10 minutes over low heat. Add more broth if necessary.
5. Pour cooked noodles on a serving platter. Top with flaked chicken *adobo*, onion rings, *chicharon*, and *kinchay*. Serve with *calamansi* halves.



Place of origin: BATANGAS

Found in most *lomi panciterias*, *pancit langlang* is Batangas' answer to Cebu's *bam-i*. It combines two kinds of noodles: fresh *miki* and *sotanghon*.



PANCIT CABAGAN

Makes 6-8 servings

INGREDIENTS:

1½ kilo	Pork belly (whole)
7 cups	Water
	•Salt and whole black peppercorns
	•Oil for deep frying
2 Tbsps	Cooking oil
2	Red onions, chopped
3 cloves	Garlic, minced
½ cup	Sliced Baguio beans
½ cup	Sliced carrots
½ cup	Sliced sayote
3 Tbsps	Oyster sauce
2 Tbsps	Soy sauce
2 Tbsps	Patis
1 tsp	Sugar
¼ tsp	Ground black pepper
6 cups	Pork broth (from boiling pork)
400g	Pancit canton
1 cup	Shredded cabbage
1 bunch	Spring onions, chopped
	•Cornstarch slurry*
	•Quail eggs, boiled and peeled
10-12	•Deep fried pork belly strips

*3 Tbsps cornstarch + 1½ cup water

PROCEDURE:

1. Boil pork belly in 7 cups of water together with salt and whole black peppercorns. Cover and simmer for 1 hour. Remove pork and allow to cool at room temperature. When cool, refrigerate pork until firm. Reserve pork broth.
2. Slice cooled pork belly and deep fry in hot oil until crispy and golden. Set aside for topping.
3. Cook *pancit*: Heat cooking oil in a large wok over medium heat. Sauté onions and cook until soft and fragrant. Next, add garlic and cook for another 1-2 minutes.
4. Toss in Baguio beans, carrots, and sayote. Season vegetables with oyster sauce, soy sauce, *patis*, sugar, and ground black pepper.
5. Pour reserved pork broth and bring mixture to a simmer. Add *pancit canton* and wait for the broth to soften the noodles. Mix well.
6. Add cabbage and spring onions. At this point, mixture will be soupy. Add cornstarch slurry to thicken then simmer for another 2-3 minutes.
7. Pour into a serving bowl, then top with quail eggs, deep fried pork belly pieces, and more spring onions. Serve immediately with soy sauce, *calamansi*, and red chili on the side.



Place of origin:
ISABELA AND
CAGAYAN

Some versions are dry, while some interpretations are soupy, but almost all *pancit cabagan* today are topped with crunchy fried pork *liempo* (called *lechon carajay*), mixed vegetables, and boiled quail eggs.





Place of origin:
QUEZON

This is traditionally eaten straight out of a banana leaf without utensils. *Habhab* is the sound one makes when eating this Lucban delicacy

PANCIT HABHAB

Makes 6-8 servings

INGREDIENTS:

½ kilo	Pork <i>liempo</i>
4-5 cups	Water
1 tsp	Rock salt
	•Pinch of ground black pepper
	•Cooking oil for frying
3 Tbsps	Cooking oil
5 cloves	Garlic (with peel), smashed
1	Red onion, chopped
2 stalks	Celery, sliced diagonally
2 Tbsps	Soy sauce
1 tsp	<i>Patis</i>
2 pinches	Salt
	•Pinch of ground black pepper
	•Pinch of <i>vetsin</i> (optional)
1	Whole <i>sayote</i> , peeled and cut into strips
1	Small carrot, peeled and cut into strips

4 cups	Pork broth
1 cup	Reserved shrimp broth
½ cup	Boiled and peeled baby shrimps (reserve shrimp broth)
1 (300g)	<i>Pancit miki lucban</i> (or any dried fine <i>pancit</i>)
	•Tagalog <i>pechay</i> , sliced
	•Spicy vinegar

PROCEDURE:

1. Boil pork *liempo* in water with salt and pepper, for at least an hour until tender. Remove pork and reserve broth. Slice pork and fry in oil until golden brown. Set aside.
2. In a large wok, heat cooking oil. Fry garlic (with peel) until golden then add chopped onions. Add celery and cook for another 1-2 minutes. Season with soy sauce, *patis*, pepper, and *vetsin*, if using.

3. Toss in *sayote* and carrot strips. Pour in pork and shrimp broth and bring to a simmer over medium heat.
4. Add shrimps and *pancit*. Mix until noodles are softened. Cover with a lid and cook for 5-6 minutes, stirring every 2 minutes.
5. Mix in sliced *pechay* and cook for another 1-2 minutes. Transfer to a serving platter lined with banana leaves and top with crispy fried pork. Serve with spicy vinegar on the side.



Select young *gabi* leaves and tie each one into a knot

Bicolandia Bounty

BACKYARD VEGETABLES BRING AN EARTHY FLAVOR TO THESE
HONEY, COCONUT-RICH DISHES

Recipes compiled by **Chef Jang Melgar Grageda** from **Camalignon Lutong-Suanoy** contest

Kitchen testing and food styling by **Nina Daza-Puyat**

Art direction by **Janelle Año**

Photographed by **Ron Mendoza of Studio 100**

Special thanks to **Mr. Bryan Jao**

GINATAANG DAHON NG GABI AT TINAPA

Makes 4-5 servings

INGREDIENTS:

12-14 pcs Young taro leaves (*ugbos*
apay), knotted
3 pcs Tinapa (smoked fish), flaked
3 cloves Garlic, minced
1 Medium onion, chopped
3 Tbsps Bagoong
8-10 Kamias, sliced in half
1 Tbsp Ginger strips
•Rock salt and ground
black pepper

1 ½ - 2 cups Water
1 cup Coconut cream (*unang piga*)
10 Bird's eye chilies (*siling labuyo*)
•Salt and pepper, to taste

PROCEDURE:

1. In a medium saucepan, assemble knotted taro leaves, tinapa, garlic, onion, bagoong, kamias, and ginger. Season with rock salt and ground black pepper.
2. Add water and bring mixture to boil over medium heat. Cover and simmer for 5-7 minutes.
3. Pour in the coconut cream and *siling labuyo*. Cook uncovered for another 8-10 minutes or until taro leaves are cooked and coconut milk is reduced. Taste and correct seasoning. Serve with white rice.

TINUTUNGANG MANOK

Makes 6-8 servings

INGREDIENTS:

- 2 - 3 Grated mature coconut (*niyog*)
- Charcoal
- Whole native chicken,
- 1 sliced into serving pieces
- Garlic, smashed
- 3 cloves Medium onion, sliced
- 1 Ginger strips
- 3 Tbsps Lemongrass bulb (*tanglad*),
- 3 stalks smashed
- Rock salt and ground black pepper, to taste
- Coconut milk
- (*pangalawang piga*)
- 1 ½ -
- 2 cups Small green papaya, peeled
- 1 and sliced
- Coconut cream (*unang piga*)
- 1 cup Native vinegar
- 2 Tbsps Finger chilies (*siling haba*)
- 3 Red bird's eye chilies
- 10 (*siling labuyo*)

PROCEDURE:

1. Make the *tinutungan*: To get a smoky coconut flavor in the milk, put the grated coconut (*niyog*) in a stainless bowl or tray. Top *niyog* with live charcoal for a few minutes to partially burn the top layer. Remove charcoal with tongs, making sure there are no small bits left.
2. When *niyog* is cool enough to handle, squeeze toasted coconut to extract the coconut cream (*unang piga*). Set aside. Pour 1 cup water and mash into the pulp. Squeeze to obtain coconut milk (*pangalawang piga*). Set aside.
3. In a medium saucepan (or clay pot), combine chicken, garlic, onion, ginger, and lemongrass. Season with rock salt and pepper.
4. Pour coconut milk and then bring mixture to a boil over medium heat. Simmer for 30-40 minutes.
5. When liquid is reduced, add green papaya and the smoked thick coconut cream. Simmer for about 10 minutes until papaya is cooked.
6. Add the native vinegar and the two kinds of chilies. Cook for another 5 minutes to mellow out the vinegar taste. Taste and correct seasoning with salt. Serve with white rice.





Savoring Sour

USE THE FRESHEST SHRIMP AND THE BEST DILIS YOU CAN FIND FOR THESE TWO KINILAW RECIPES

Recipes by **Patrick Roa of Patricio's Cevicheria**
 Photographed by **Greg Mayo**
 Art direction by **Janelle Año and Yllaine Sabenecio**

FRUITY DILIS KINILAW

Makes 3-4 servings

INGREDIENTS:

300g	Fresh dilis*
1 cup	Sukang tuba, divided
1	Medium red onion, thinly sliced
1	Medium white onion, thinly sliced
2 slices	Fresh pineapple, cubed, plus more for garnish
2 Tbsps	Sliced ginger

- 1 tsp Chopped spring onions
 •Salt to taste
 •Juice from 2 calamansi
 2-3 pcs Red siling labuyo, chopped

*If the dilis are big, remove the heads. If they are small, you can leave them whole.

PROCEDURE:

1. Prepare and wash the dilis in $\frac{1}{4}$ cup of sukan tuba. Pour into a strainer and discard the suka. Set dilis aside in a covered bowl and refrigerate.
2. In a non-reactive mixing bowl, mix the sliced red and white onions, fresh pineapples, sliced ginger, spring onions, and calamansi juice.

3. Once mixed together, bring out the dilis and add to the other ingredients then add the rest of the sukan tuba. Toss the mixture like a salad. Season with salt.
4. Transfer to a serving plate or bowl. Garnish with sliced calamansi, siling labuyo, and additional fresh pineapples. Serve immediately.



SHRIMP KINILAW

Makes 3-4 servings

INGREDIENTS:

300g	Fresh shrimps, peeled and deveined
1 cup	Sukang tuba, divided
1	Medium red onion, thinly sliced
1	Medium white onion, thinly sliced
3-4	Small kamias, sliced
2 Tbsps	Sliced ginger
1 tsp	Chopped spring onions
	• Juice from 2 calamansi
	• Salt to taste
2-3 pcs	Red siling labuyo, chopped

PROCEDURE:

1. Wash the shrimps in $\frac{1}{4}$ cup of *sukang tuba*. Pour into a strainer and discard *suka*. Set shrimp aside in a covered bowl and refrigerate.
2. In a non-reactive mixing bowl, mix the sliced red and white onions, *kamias*, ginger, spring onions, and calamansi juice.
3. Once mixed together, bring out the shrimp and add to the other ingredients, then add the rest of the *sukang tuba*. Toss the mixture like a salad. Season with salt.
4. Transfer to a serving plate or bowl. Garnish with sliced calamansi, *siling labuyo*, and additional sliced *kamias*. Serve immediately.



Patrick and Pia Roa

Patricio's Cevicheria is run by husband and wife team Patrick and Pia Roa. The restaurant specializes in regional kinilaw, with recipes collected from Patrick's travels around the Philippines as a pilot. Patricio's Cevicheria is located at 28 Bayani Road, Bonifacio Global City, Taguig City. For more information, contact tel. no. (02) 998 7274 and cel. no. 0917 850 8817.



To the Bitter End

THINK YOU DON'T LIKE AMPALAYA? THESE TWO RECIPES MIGHT JUST CHANGE YOUR MIND!

Recipes by **Chef Trisha Ocampo**
Photographed by **John Ocampo of Studio 100**
Art direction by **Janelle Año**

EASY BAKED AMPALAYA CHIPS

Makes 4-5 servings

INGREDIENTS:

- 1 large *Ampalaya*
- ¼ cup Olive oil
- ½ tsp Salt
- ½ tsp Turmeric powder
- ½ tsp Chili powder
- ½ tsp Ground coriander seeds
- Juice of ½ lemon
- 2 Tbsps Grated parmesan cheese
- Lemon sour cream dip

PROCEDURE:

1. Slice *ampalaya* into ¼" rounds and soak in salted water for 15 minutes. Discard brine and wash *ampalaya*, then pat dry with paper towel.
2. Mix in the olive oil, salt, spices, and lemon juice. Marinate for another 15 minutes.
3. Preheat oven to 425°F. In a baking sheet, spread out the marinated *ampalaya* slices and bake for 10-15 minutes or until crispy, flipping every 5 minutes to cook evenly.
4. Cool on baking sheet for 10 minutes before serving. Sprinkle parmesan cheese on top and serve with lemon sour cream dip.

LEMON SOUR CREAM DIP

Makes ½ cup

INGREDIENTS:

- ½ cup Sour cream
- 1 tsp Lemon zest
- 2 Tbsps Lemon juice
- 2 cloves Garlic, minced
- Salt and pepper, to taste

PROCEDURE:

In a small bowl, whisk together sour cream, lemon zest and juice, and garlic. Season with salt and pepper. Serve with the *ampalaya* chips.

VEGETABLE CURRY MIXED IN COCONUT MILK

Makes 5-6 servings

INGREDIENTS:

- 1 **Ampalaya**
- **Sea salt, to taste**
- 1 Tbsp **Yogurt**
- 2 Tbsps **Cooking oil**
- 1 **Medium onion, sliced**
- 1 **Tomato, chopped**
- 1 **Siling haba**
- ¼ (250g) **Squash, cut into 1 ½" cubes**
- 5 **Okras**
- 1 cup **Coconut milk**
- ½ cup **Water**
- 1 cup **String beans (sitaw), cut into 2"**
- 2 blocks **Japanese curry**

PROCEDURE:

1. Cut the *ampalaya* lengthwise, remove the seeds, slice, and then wash. Sprinkle salt and add yogurt. Set aside for 15 minutes. Drain and pat dry with a paper towel to remove excess yogurt.
2. In a sauté pan, heat oil and fry the *ampalaya* slices until golden brown. Remove and set aside.
3. In the same pan, add onions and sauté until translucent. Add tomatoes, *siling haba*, squash, and okras, and sauté for about 5 minutes.
4. Add coconut milk and water then simmer. When squash is almost fork tender, add the string beans, fried *ampalaya* slices, and Japanese curry cubes. Season with salt if needed. Serve on top of rice.



Chef Trisha Ocampo

Chef Trisha Ocampo is a chef instructor for Center for Culinary Arts, where she does cooking demos and develops recipes for the school. She is also in charge of the Little Chef's Boot Camp. She studied at Le Cordon Bleu College of Culinary Arts and has worked for various restaurants both here and abroad.



thirsty

Local Libations

USE PINOY FRUITS TO CREATE THESE THREE COSMOPOLITAN COCKTAILS

Recipes and styling by **Gilario Guevara and Sharleen Antonio of Liquid Concepts**
Art direction by **Janelle Año**
Photographed by **Ron Mendoza of Studio 100**

GREEN MANGORITA

Makes 1 serving

INGREDIENTS:

- 1 **Fresh green mango, cubed**
- 4 Tbsps **Rich simple syrup***
- 3 Tbsps **José Cuervo Blanca Tequila**
- 1 Tbsp **Cointreau (or Triple Sec)**
- 1 cup **Crushed ice**
- Dried mango and bagoong, for garnish**

**Make simple syrup with 2 parts sugar and 1 part water*

PROCEDURE:

1. Pour first 4 ingredients into a blender and pulse for about 10 seconds.
2. Add crushed ice and pulse until the consistency is fluid. Pour into a serving glass. Garnish with *bagoong* and dried mango, if desired.

SKINNY PINAY COLADA

Makes 1 serving

INGREDIENTS:

- 3 Tbsps **Very Old Captain Rum**
- 3 Tbsps **Coconut rum**
- 6 Tbsps **Pineapple juice**
- 6 Tbsps **Coconut water**
- 2 Tbsps **Rich simple syrup**
- Ice**
- Hollowed out fresh pineapple**
- Paprika powder**
- Pineapple leaves, for garnish**

PROCEDURE:

1. Combine first 5 ingredients with ice in a shaker. Shake well.
2. Pour drink into a hollowed out fresh pineapple. Sprinkle paprika powder for that extra kick. Garnish with pineapple leaves and a cocktail umbrella, if desired.

POMELO DE PALOMA

Makes 1 serving

INGREDIENTS:

- 4 wedges **Pomelo, peeled and seeded**
- 4 tsps **Rich simple syrup**
- 3 Tbsps **Bombay Sapphire Gin**
- 1 Tbsp **Cointreau**
- Pinch of rock salt**
- Ice**
- 3 1/3 Tbsps **Lemon-lime soda or any clear softdrink**
- Basil leaves and pomelo, for garnish**

PROCEDURE:

1. Muddle the fresh pomelo fruit with rich simple syrup in a shaker or a glass.
2. Add gin, Cointreau, a pinch of rock salt, and some ice in the shaker. Shake well.
3. Meanwhile, add "frosting" on one side of the glass by dipping the glass in simple syrup, and then dipping it in rock salt.
4. Pour the shaken drink into a serving glass half-filled with ice and lemon-lime soda. Stir to incorporate all the flavors. Garnish the drink with a sprig of fresh basil and fresh pomelo.



Liquid Concepts

Liquid Concepts is a bar and beverage consultancy under the Gilario Guevara Bartending Training Services. Liquid Concepts caters to private functions and intimate bar hosting events. Owned by real life partners Gilario "Larry" Guevara and Sharleen Antonio, Liquid Concepts is part business and part advocacy to create awareness about the Philippine's very own cocktail culture and hospitality. For more information, email liquidconceptsphils@gmail.com or follow them on Facebook @Liquid Concepts (Philippines).



MAKE BUTTERSCOTCH SAUCE: Over low heat, melt 1 cup of sugar and ½ cup of butter. Swirl pan until sugar dissolves. Do not stir. Turn off heat then add 1 cup of heavy cream. Stir until well-combined. Add 1 ½ teaspoons of vanilla extract and 3 teaspoons of rum.

Sweet Spuds

ADD FIBER-RICH SWEET POTATO TO YOUR FAVORITE PUDDING RECIPE FOR A HEALTHY, FLAVORFUL BOOST

Recipe by **Nina Daza-Puyat (pudding)** and **Chef Via S. Pelea (sauce)**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Yllaine Sabenecio**



KAMOTE BREAD PUDDING

Makes 8-9 servings

INGREDIENTS:

10 pcs	Gardenia Soft Delight Pandesal
2 Tbsps	Butter
2 cups	Boiled and cubed orange sweet potato (<i>kamote</i>)
¼ cup	Brown sugar
2 boxes	Raisins
2 Tbsps	Rum
2	Eggs
1 ¾ cups	Fresh milk
½ cup	Sugar
2 tsps	Vanilla
½ tsp	Ground cinnamon

PROCEDURE:

1. With a bread knife, cut up Gardenia pandesal into small cubes. Set aside. Preheat oven to 375 °F.
2. Melt butter in a frying pan. Add cooked sweet potato cubes and sprinkle brown sugar over them. Stir until sugar caramelizes, about 5 minutes. Turn off heat and allow to cool completely.
3. Soak raisins in rum for 5 minutes.
4. In a mixing bowl, beat eggs with a wire whisk or fork. Add raisins, milk, and sugar. Flavor with vanilla and ground cinnamon.
5. Add cubed bread to the egg mixture. Combine cooled sweet potato with egg mixture and mix until well-blended.
6. Pour into a buttered 9" x 9" square or 9" round baking dish and bake bread pudding in a preheated oven for 40-45 minutes or until done. Serve with butterscotch sauce on the side.



Milky Way

YOUR FAVORITE PASALUBONG CAN
NOW BE MADE AT HOME

Recipe by **Chef Via Pelea**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Janelle Año**
Sittings editor **Yllaine Sabenecio**

CHEESE PASTILLAS

Makes about 20 pieces

INGREDIENTS:

½ can	Condensed milk*
1 ½ cups	Powdered milk
⅓ cup	Grated cheddar cheese
	•Sugar for rolling

*½ cup + 2 Tbsps

UBE HALAYA BALLS

Makes about 50 balls

INGREDIENTS:

¼ kilo	Boiled ube, grated
1 cup	Sugar
½ can	Condensed milk
2 Tbsps	Butter
1 tsp	Vanilla extract
	•Sugar for rolling



CHEESE PASTILLAS



- 1 Heat condensed milk in a non-stick pan over low heat for a minute stirring with a rubber spatula. Remove from heat and add powdered milk. Transfer to a bowl and add cheese. Mix until well-blended.



- 2 Gather the mixture together to form a ball or disc. Take a tablespoon of the mixture and shape the *pastillas* into 1" logs and roll in sugar to coat.

UBE HALAYA BALLS



- 1 Mix together *ube* and sugar in a saucepan and cook over low heat until dry and well-blended.



- 2 Add the condensed milk and continue stirring for about 10 minutes until very thick and shiny.



- 3 Switch off heat. Add butter and vanilla extract and continue stirring until well-blended. Let cool in a bowl.



- 4 Once the *ube* is cool enough to handle, roll *ube* into 1/2" balls then roll in sugar to coat.

DESIGN TIP

Create depth within a small space by using glass partitions instead of solid walls between rooms.



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People

AUGUST 2015

We asked our columnists to share with us what they consider the flavors of home. Try heirloom recipes like Atty. Gaby's Tinolang Manok sa Kinchay at Patola, new discoveries like Marie's Sumang Moron, and hometown hits like Idda's Kalderetang Batangas!

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market mamma

Great cooking starts with the careful selection of ingredients

Ordinary with a bit of Extra

BY SIMPLY CHANGING A FEW
INGREDIENTS, THIS EVERYDAY DISH
TURNS INTO A SPECIAL TREAT

Recipes by **Atty. Gaby Concepcion**
Recipe execution by **Nina Daza-Puyat**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Yllaine Sabenecio**



WAY, WAY, WAY BEFORE I MET HER, I SOMEHOW KNEW THAT MY FUTURE MOTHER-IN-LAW WOULD BE ONE SPECIAL WOMAN.

Then, as now, there is a different lilt in his voice every time my husband, Danny, talks about his mother. There is always a tender look in his eyes every time he talks about Nanay, especially when he talks about how his mother raised all her seven children with the wisdom and gentle firmness of an old soul.

Then, as now, there is always a distinct admiration in his voice when he looks back on his childhood and growing up years, made difficult along the way when there were seven mouths to feed on my father-in-law's meager salary as a bus driver and later, a train conductor.

Ordinary with a bit of extra. That was how he described her when I first asked what his mother was like. Ordinary but extraordinary at the same time—this gentle, quiet woman who never raised her voice but managed

to motivate all her children to graduate as valedictorians and salutatorians in their respective classes. Ordinary but extraordinary, this woman who despite their own hardships, was always generous; even generous to a fault to relatives and neighbors who had even less.

Ordinary with a bit of extra—this apparently was also her mantra when it came to her cooking whether it was to ensure that the *rellenong bangus* (my husband's favorite) would be tasty despite the lack of ground pork or other extenders, or to the way she cooked ordinary dishes and added more vegetables as a way of making sure there would be enough for all the mouths she had to feed!

Ordinary with a bit of extra—this is how my favorite mother-in-law's *tinola* can be described. For those who think that *tinolang manok* is limited only to the typical green papaya and *dahon ng sili* kind, you might want to try this on one of those cold, rainy nights when a bit of ordinary with a bit of extra will go a long way in warming your soul. 🍴

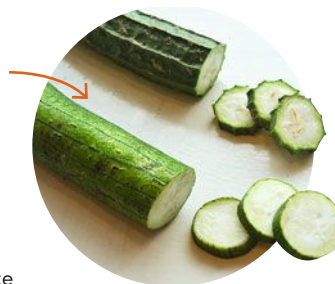
TINOLANG MANOK SA KINCHAY AT PATOLA

Makes 6-8 servings

INGREDIENTS:

1/3 cup	Cooking oil
1/3 cup	Sliced ginger
6 cloves	Garlic, crushed
1	Big onion, diced
2 Tbsps	•Patis
1	Chicken bouillon cube
1/2 tsp	Crushed black pepper
1	Whole dressed medium-sized chicken, cut up (include the liver and gizzard)
2	*Enough water to cover
	Patola, skinned and sliced into thin rounds
3 cups	Chinese parsley leaves (kinchay)
	•Salt, to taste

- Turn off heat then add the *kinchay* leaves. Mix and cover to allow *kinchay* to infuse a deeper flavor into the soup. Taste and adjust seasoning by adding salt or *patis*.
- Serve steaming hot. (Note: *Misua* may also be added to the soup. Mix a small handful of *misua* after the *patola*.)



There are two kinds of *patola*: smooth and winged. The winged *patola* is favored for being more fragrant and flavorful

PROCEDURE:

- Heat oil in a large sauté pan over high heat. Sauté the ginger for half a minute then add garlic. Cook the mixture for another half minute.
- Add the onions and continue sautéing for a minute. Add the *patis*, bouillon cube, and pepper then continue sautéing until onions are caramelized.
- Toss in the chicken pieces and cook for 2-3 minutes. Pour water until chicken pieces are submerged by about 1 inch. Cover and bring stew to a boil over medium heat.
- Simmer until the chicken is tender, about 30-45 minutes. When almost ready, add *patola* and simmer for 2-3 minutes.



Atty. Gaby Concepcion

Atty. Gaby practices at NMGRA law offices and spends some mornings on TV giving legal advice. She teaches at the Ateneo and the Pamantasan ng Lungsod ng Maynila. Married to lawyer Atty. Danny Concepcion, they have four kids who seem hungry all the time. She enjoys sharing her passions, including going to the market and cooking for her family.



Old Fashioned Goodness

FIND OUT HOW OATS CAN BE A HEALTHY SUBSTITUTE FOR WHITE RICE


Words and recipes by

Chef Barni Alejandro-Rennebeck

Photographed by **Yukie Sarto of Studio 100**

Art direction by **Yllaine Sabenecio**

NOWADAYS, OATS ARE NOT JUST FOR BREAKFAST ANYMORE. Aside from oatmeal, there are many more delicious ways you can enjoy this mighty grain. Oats are now a popular ingredient for making green smoothies, energy bars, cookies, and crusts for pies. I even use them as a healthy substitute for breadcrumbs in savory dishes such as meatballs and burger patties.

Oats offer a wide range of health benefits. They're a good source of fiber, magnesium, and B vitamins. Furthermore, oats help lower bad cholesterol, and prevent heart disease and diabetes. Compared to white rice, oats contain 7 times more fiber and 1.7 times more protein. Here are two mouthwatering examples of how you can swap refined white rice with oats in classic Filipino dishes. 

HIGH FIBER GINATAANG MAIS

Makes 4 servings

INGREDIENTS:

3 cups	Coconut milk
1 cup	Old-fashioned rolled oats
1 (14.75 oz) can	Cream style corn
½ cup	Honey

PROCEDURE:

1. Heat the coconut milk in a casserole over medium fire. Add the rolled oats and cream style corn. Lower the heat and bring to a simmer.
2. Cook for 10 minutes, stirring occasionally until the oats are tender and the mixture is creamy.
3. Stir in the honey. Serve warm.

Tip

Not a fan of mushy oats? Try using them to make oatmeal bread and cookies. Oats make pastries extra chewy and provide a good amount of dietary fiber. For a no-bake granola bar, just mix rolled oats with nuts, seeds, and peanut butter. Let chill until firm and cut into bars.



CHICKEN OATS CALDO WITH MALUNGgay

Makes 4 servings

INGREDIENTS:

2 Tbsps Refined coconut oil, divided
100g Skinless chicken breast,
sliced into small strips
¼ cup Chopped onion
1 Tbsp Chopped garlic
1 Tbsp Chopped ginger
¼ cup Minced carrots
4 cups Chicken broth
1 Tbsp Fish sauce
1 cup Old-fashioned rolled oats
½ cup Malunggay leaves
•Fried garlic for garnish
•Calamansi halves

PROCEDURE:

1. In a non-stick casserole, heat 1 tablespoon of oil. Sauté the chicken until cooked, about 2 minutes. Transfer to a plate.
2. In the same casserole, heat the remaining oil. Sauté the onion, garlic, ginger, and carrots until tender.
3. Add the chicken broth, fish sauce, and rolled oats. Simmer until the oats are tender, about 10 minutes. If the consistency is too thick, add more broth or water.
4. Add the cooked chicken and malunggay leaves. Simmer just until the leaves turn bright green.
5. Garnish with fried garlic and serve with sliced calamansi.



Barni Alejandro-Rennebeck

When it comes to food, Chef Barni Alejandro-Rennebeck believes you can have your cake and eat it too. Nothing brings her more joy than being able to transform everyday dishes into healthier fare. Rice, pizza, burgers... no dish is off limits on her diet since every ingredient can be creatively substituted or "healthified". Contact details: (917) SXYCHEF, (799 2433), (917) 894 8881, (2) 721-SEXY (7399), (2) 721 8881. Email <info@thesexychef.ph>, Website: <thesexychef.ph>, Facebook <thesexychef>.





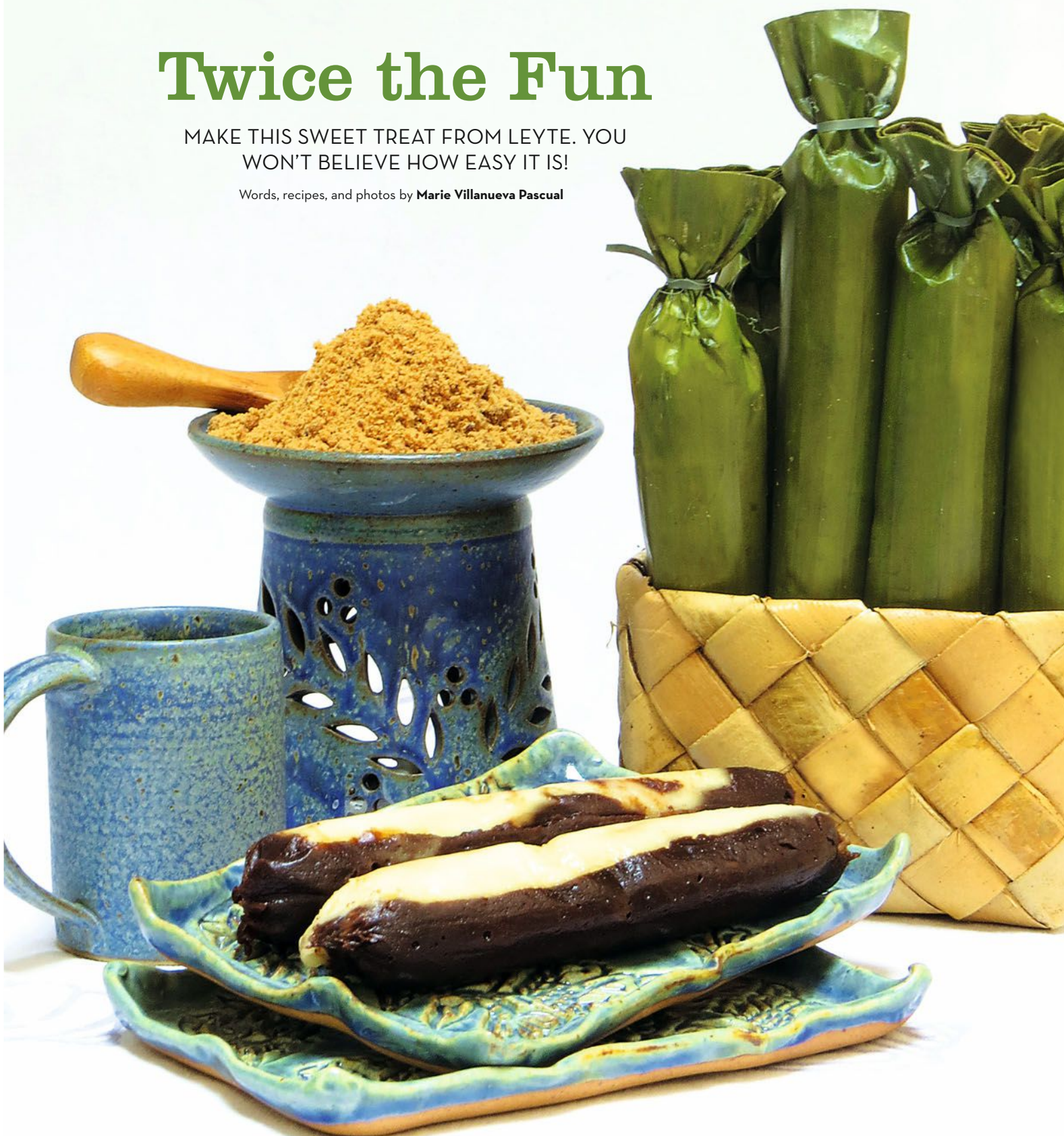
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Twice the Fun

MAKE THIS SWEET TREAT FROM LEYTE. YOU
WON'T BELIEVE HOW EASY IT IS!

Words, recipes, and photos by **Marie Villanueva Pascual**



FORGET THE CARBS! SUMAN BY ANY OTHER NAME IS JUST AS GOOD—AT LEAST THAT’S WHAT I THINK. We call them by different names depending on the ingredients, like *suman sa ibus*, *suman sa antala*, *sumang lihiya*, and *sumang kamoteng kahoy*. The names will also vary depending on which province you hail from.

Suman often comes plain, awaiting a generous sprinkling of sugar and freshly grated coconut, or it can come already flavored with coconut cream and sugar served with rich *latik*. Personally, I like *suman* still hot from the steamer so that when I pour the *latik* or a spoonful of thick coco jam, it melts into a pool of gooey goodness.

I remember what my maternal *lola* would do when there were leftover *suman* after a *fiesta*. She would store the *suman* in the refrigerator, and for subsequent breakfasts, lightly fry the *suman*, roll it in sugar, then cut it into smaller pieces. We, the grandchildren, would then pop it into our mouths with glee! What you get is a warm, chewy morsel with the crackling sound of sugar granules. Now that I’m older, I serve *suman* the same way to my family.

As an avid foodie, I try as often as I can to go to food festivals where they feature OTOP (One Town, One Product) and other specialty products highlighting the best of what that locale has to offer. During one of these meets, I came across this delicacy of Tacloban, Leyte which curiously comes with a twist: when you open the parcel, you will be surprised with a *suman* of two flavors: plain and chocolate.

Moron, pronounced as “morong” with accent on the second syllable, is a delightful duo in one bite. One side has a mild *gata* flavor; while the other side provides a chocolatey contrast that reminds me of *chamorado*. I like my chocolate dark, rich, and pure, so I prefer and highly recommend *tsokolate tablea* as flavoring in this *suman* for that authentic, rustic “sarap ng probinsya.”

This recipe gives you a smooth and silky texture with a bit of density as you bite into it. It’s a wonderful *merienda* or breakfast fare that both kids and adults will find irresistible! 🍴



SUMANG MORON

Makes 15 servings

INGREDIENTS:

ORIGINAL SUMAN:

1 cup	Rice flour
½ cup	Malagkit (glutinous rice) flour
½ cup	Evaporated milk
1 cup	Gata or coconut milk
½ cup	White sugar
½ tsp	Vanilla extract

CHOCOLATE SUMAN:

1 cup	Rice flour
½ cup	Malagkit (glutinous rice) flour
½ cup	Grated tsokolate tablea*
¾ cup	Muscovado sugar
½ tsp	Vanilla extract
⅛ cup	Coarsely chopped peanuts

•Banana leaves wilted and cut into approximately 7-8" widths

*You can also roughly chop tablea and pulse in a food processor until powdery

PROCEDURE:

1. Make the original *suman*: Mix all dry ingredients and put in a non-stick pot. Add wet ingredients and combine thoroughly. Cook over low heat and mix constantly with a wire whisk to avoid lumps. This cooks quickly and it will thicken after a few minutes so watch it carefully. While hot, press through a sieve or strainer to ensure a silky texture. Set aside.
2. Make the chocolate *suman*: Repeat the same procedure, except add the peanuts AFTER it has been pressed through a sieve or strainer.
3. To assemble: Bottom side up, lightly oil wilted banana leaf and place about 3 tablespoons of the white and chocolate *suman*. Roll tightly and fold the ends to seal. Tie the ends with cooking twine and cut off the extra edges. Each *suman* should be about 5-6" in length.
4. Put *suman* in a steamer and cook for 30 minutes.

Marie Villanueva Pascual

Marie pursues her love for food and entertaining by opening her home to private dining. She has made many tummies happy by hosting “Boodle Fight Feasts” and “Breakfast Pilipinas” in her cozy lanai. For inquiries and reservations, you can contact her at 09175162743, follow her on FB www.facebook.com/kitchenkitchiekoo or email her at kitchen.koo@gmail.com.

Food ever the center of her passion, Marie is also into urban and container gardening of herbs and veggies, hoping to build her organic farm one day in Amadeo, Cavite.





recipe 911

Cooking lessons to convert
non-cooks to kitchen divas,
one dish at a time

The Humble Humba

ADD THIS VISAYAN FAVORITE TO YOUR EVERYDAY MENU

Words by **Ann Kuy**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Yllaine Sabenecio**

BEFORE THERE WERE REFRIGERATORS, PEOPLE WOULD PRESERVE FOOD USING ACIDS LIKE VINEGAR MIXED IN SALT, OR A SALT AGENT LIKE SOY SAUCE. While many of us may recognize this combination as the base of *adobo*, it is also the base of a Visayan pork dish called *humba*. *Humba* is probably Chinese in origin because this everyday pork dish, using either pork belly or pork leg (*pata*) includes black beans or *tausi*, dried banana blossoms, and even hard-boiled eggs!

Chef Garie Quiambao shares his family's heirloom recipe for *humba* with our student for the day, Rosemarie. Rose admits that she has never even heard of *humba*! To make the lesson more interesting, Chef Garie explained that in the past, people buried

humba underground to preserve the dish and allow the flavors to meld. In Chef Garie's updated recipe, he slow cooks the *humba* for four hours and lets the cooked *humba* mellow for three days before serving it.

Rose took on the duty of cutting and marinating the meat. She also learned the Tagalog cooking technique "sangkutsa," which allows fat to be rendered after boiling a fatty cut of meat. This step makes the meat more tender because precooking gives way to the long and slow simmering process. To put it simply, it becomes more delicious.

After a long wait, the aroma of *humba* wafted in the air, whetting the appetites of everyone who was in the room. And that was another lesson Rose learned—the virtue of patience while waiting for food to cook! 🍴



CULINARY STUDENT OF THE DAY:
Rosemarie Claveria

OCCUPATION: Bank officer

CHALLENGE: To teach Rose how to cook a Filipino dish

CHEF INSTRUCTOR: Chef Garie Quiambao, the branch head for Global Pasig, is a true blue Visayan whose favorite comfort food is *humba*.



Ann Kuy

Ann has been her family's cuisinera for 15

years now. The discriminating tastes of her husband and three girls keep her on her toes as she hunts for new recipes and perfect ingredients. She's a trained culinary graduate who indulges her love for food through travels, Saturday cook-offs, hole-in-the-wall affairs and writing. She's been a professional food writer for various publications since 2002.

HUMBA

Makes 8-10 servings

INGREDIENTS:

- 1 kilo **Pork belly or pork hocks, sliced into 2-inch segments**
- 2 Tbsps **Rock salt**
- 1 Tbsp **Peppercorns, coarsely ground**
- 1 cup **White vinegar or tuba**
- ½ cup **Soy sauce, preferably well-fermented or dark soy sauce**
- 2 Tbsps **Salted black beans or tausi**
- ¾ cup **Brown sugar**
- 4 (50g) **Dried banana blossoms**
- packs
- 3-4 **Bay leaves**
- 2 Tbsps **Whole black peppercorns**
- 4 cups **Hot water**
- Hard boiled eggs (optional)

PROCEDURE:

1. In a large pot, add pork, season with salt and pepper, then add vinegar.
2. Over high heat, bring the liquid to a boil for 45 minutes - 1 hour or until the vinegar has evaporated, the pork is golden brown in color, and all that's left in the pot is the rendered fat of the pork.

3. Add the rest of the ingredients: soy sauce, *tausi*, brown sugar, banana blossoms, bay leaves, black peppercorns, and water. Bring to a boil and then simmer for another 2-3 hours or until meat is fork tender. Adjust seasoning with brown sugar if necessary.
4. Store in the refrigerator for 2-3 days to infuse the flavors. Serve with hot steamed rice and *atchara* or pickled vegetables.

Chef's Notes

For long and slow cooking, keep the dish covered so that the flavor will be concentrated.

Serve *humba* after 2-3 days in the refrigerator. It's best enjoyed with some *atchara* to cut the richness of the dish.



the suite life

Overcoming the challenges of
cooking in a small kitchen

Southern Stew

A LOCAL INTERPRETATION OF A SPANISH CLASSIC

Words and recipe by Idda Aguilar



I USED TO KNOW MY WAY AROUND FOREIGN AIRPORTS MORE THAN THE ISLANDS OF THE PHILIPPINES.

As a pilot's daughter, I sometimes took my final exams a week or two earlier than my classmates just so my family and I could catch the best available international flights on staff tickets. Not to brag or anything (being chance passengers wasn't all peaches and cream), but that became our way of life every summer just so we could make the most of the free tickets that came with my dad's job.

When I grew older and the frequency of the free flights waned (hello, age limit!), I sadly realized that I really didn't know my own country. I had never been to a *Visita Iglesia*, *Santacruzán*, or even a provincial *fiesta*, since these mostly happen during the summer. I have never seen the beauty of Boracay sunsets, tasted mouthwatering Cebu *lechon*, or experienced the natural wonders of Palawan. I only saw them in pictures as a grown-up, and never really thought I'd get to see these up close and personal because of adult budget problems.

Thanks to the recent boost in local tourism, it's now possible to catch up and make up for lost time. The Philippines is truly a beautiful place! This time around, it's been my job to go around our country to shoot its natural wonders. Boracay sunset—check! Cebu *lechon*—check! Palawan Underground River—check!

Out of my own pocket, I've made it my mission for my family to discover the beauty of our country as well. Hopefully our kids will remember those dinners along Alona beach in Bohol or camping in Batangas with as much pleasure as our trips abroad. I am truly grateful for this second chance especially now that the Philippines is being lauded as one of the best new countries to watch out for. Among recent great news as well is that Filipino cuisine is now a rising star in the international culinary scene.

So this month, to bring it closer to home (my fiancé's home, that is) here's a classic dish from the land of LA (pronounced "ala eh!")—Batangas! A mere two or three-hour drive away from Manila, it is home to numerous beaches and tourist spots and is a favorite weekend getaway of adventurers and city slickers alike. This *kalderetang Batangas* is one of my favorites whenever we get to go home during town *fiestas* (another check!). The main difference of this dish from the usual *kaldereta* is that there's no tomato sauce in it. You surely won't miss it though with its creamy goodness; it'll make you wipe the serving plate clean. *Ala eh, kain na!* 🍴

I'm dedicating this month's column to the late Migs Borja-Yambao (former deputy editor of Appetite), who got me this gig in the first place. It was around this time that I submitted my first article to Appetite. - Idda

KALDERETANG BATANGAS

Makes 4-6 servings

INGREDIENTS:

1 kilo	Beef short ribs
3 Tbsps	Soy sauce
3 Tbsps	Vinegar
1 bulb	Garlic, minced
3	Large onions, diced
1/3 cup	Butter or margarine
4 Tbsps	Olive oil, divided
3 cups	Water
1	Large bay leaf
1	Beef bouillon cube
1 small can	Liver spread
1/2 cup	Grated quick melting cheese
1/2 cup	Green olives
	•Salt and pepper, to taste
1	Red bell pepper, julienned

PROCEDURE:

1. Marinate the beef in soy sauce and vinegar for at least 30 minutes. Drain and set aside.
2. In a large pan, sauté the garlic and onion in butter and 1 tablespoon of olive oil until soft and fragrant. Add the beef and fry until browned on all sides. Add the water and bay leaf and simmer until tender, about 3 hours.
3. Once tender, add the bouillon cube, liver spread, cheese, and olives and simmer for 10-15 minutes more, or until desired consistency is reached. Season with salt and pepper if needed.
4. Stir in the bell pepper and remaining olive oil, turn off the flame, and cover until ready to serve. Serve with lots of hot, plain rice.

Idda's Tips

- 1 Use a pressure cooker to soften the meat much faster. If you have time, try slow cooking to get the most flavor.
- 2 Batangas beef *buto-buto* would be best, but feel free to use what's readily available in your nearest market or supermarket. You may also use beef brisket, beef shanks, lamb, or the classic Batangueño favorite—goat meat!
- 3 Like the ubiquitous *adobo*, this *kaldereta* only gets better with age. If cooking for a crowd, it's best to cook this a day or two in advance to let the flavors meld together better.
- 4 To turn this into a feast, the norm would be to add the usual *chorizo de bilbao*, potatoes, carrots, and button mushrooms for a heartier treat. It's best enjoyed in its simplicity though, with just olives, bell pepper, and some red *sili* for added heat!



Idda Aguilar

Idda Aguilar is a master multi-tasker. Her daily life consists of rushing to and from work as a Broadcast Producer. While running her household and raising two mischievous little girls, she cooks breakfast, lunch, dinner, and always makes room for dessert. She's taking the recipes she grew up with and making them her own in the small kitchen of her apartment. See more of her dishes at thecondochef.tumblr.com.



jr chef

Kid and parent friendly recipes
for bonding in the kitchen

Wrap and Roll

USE YOUR FAVORITE LONGGANISA AS
A FILLING FOR LUMPIA!

Words by **Sofia Pardo de Ayala**
Recipe by **Chef David Pardo de Ayala**
Special thanks to **Nella Rodriguez**
Art direction by **Janelle Año**
Photographed by **Zac Moran**

EVERY TIME WE GO TO EAT AT MY MAMA'S AND LOLO'S HOUSE, I ALWAYS WISH THAT THEY WOULD SERVE ONE OF MY FAVORITE FOOD, LUMPIA. My Tita Vicky Lauchengco sent us some Vigan *longganisa* and suggested we make them into *lumpia*. My parents and I love *longganisa* so we just had to create a recipe for *lumpiang longganisa*. As soon as it was cooked I got my fork and took a bite. "Delicioso!" I shouted. I gobbled it up at once. I found it very yummy! It is crunchy, tasty, and healthy! It is filled with onions, carrots, bean sprouts, cabbage, and more! If you try our recipe, I'm sure you'll love it as much as I do! 🍴

Sofia with her
friend Tiago



LUMPIANG LONGGANISA

Makes 8 pieces

INGREDIENTS:

2 Tbsps	Vegetable oil
225g (¼ kilo)	Vigan <i>longganisa</i> , skinned
1	Medium white onion, sliced
1 cup	Baguio beans, sliced biased
1	Small carrot, julienned
1 cup	White cabbage, sliced
½ cup	Bean sprouts
8	<i>Lumpia</i> wrappers
	•Salt, to taste
	•Cornstarch slurry (1 Tbsp cornstarch + 2 Tbsps water)

PROCEDURE:

1. Heat oil in skillet and sauté *longganisa*, breaking up meat with the spoon. Cook until brown. Drain meat in a sieve and set aside.
2. Using the oil from the *longganisa*, sauté the onions until tender. Add beans, carrots, cabbage, and bean sprouts. Season to taste. Cook until tender but still crisp. Spread on a cookie sheet and cool to room temperature.

3. Mix *longganisa* with the vegetables. Divide into eight equal amounts.
4. Carefully separate the *lumpia* wrappers. Lay one on an even surface and place filling near the edge closest to you. Roll the wrapper over the filling. Fold in both sides and continue rolling. Wet the edges with cornstarch slurry to seal. Repeat with the remaining filling and wrappers.
5. Deep fry rolls in hot oil until golden brown. Drain on paper towels. Serve with preferred dipping sauces like chili vinegar, sweet and sour sauce, or sweet chili sauce.

Sofia's Tip

To keep fried *lumpia* crispy after frying, put *lumpia* in a strainer or colander lined with paper towels. Keep rolls in a vertical position to allow oil to drip down. Put a bowl or plate underneath to catch the excess oil.

Sofia and Chef David



Sofia started showing interest in cooking at age 2. Her first kitchen adventures involved ready-made cookie mixes, pancakes and muffins. Together with Chef David, they made cooking videos that meant to indulge her dream to "be in the iPad" and to share with family abroad. We hope you enjoy.

Watch her videos on YouTube:
Baby Chef Sofia

Did you know?

Travel the Philippines and you will find that each region has their own version of *longganisa*! *Longganisa* is either *hamonado* (sweet) or *de recado* (savory). Vigan *longganisa* is *de recado*; small and plump, it can easily be eaten in a few bites. It has a strong garlicky flavor that is salty, tangy, and spicy. Vigan *longganisa* is best eaten dipped in Ilocos vinegar.





just desserts

Recipes from the pros to satisfy your sweet tooth

Take Home Treats

MAKE THESE PASALUBONG FAVORITES AT HOME

Words and recipes by **Chef Carlo Estagle** (*ensaimada* and *macapuno* balls) and **Chef Patty Loanzon** (*pili* tartlets and *maja blanca* tart)
Photographed by **Ron Mendoza** of **Studio 100**
Art direction by **Janelle Año** and **Regine Velilla**

ENSAIMADA

Makes 14 (35g) pieces

INGREDIENTS:

SPONGE:

3 Tbsps	All-purpose flour
1 tsp	Instant yeast
3 Tbsps	Water

DOUGH:

1 ½ cups	All-purpose flour
¼ cup	Boiled and mashed potatoes
2	Large egg yolks
2 tsps	Vanilla extract
¼ cup	Sour cream
3 Tbsps	Sugar
½ tsp	Salt
3 Tbsps	Butter, softened

TOPPING:

½ cup	Butter, softened
1 cup	Grated <i>queso de bola</i>
½ cup	Sugar

PROCEDURE:

1. Make the sponge: Mix together the flour, yeast, and water. Leave for about 10-15 minutes until puffy.
2. Make the dough: Put the flour in a mixer bowl. Mix in the sponge, mashed potatoes, yolks, vanilla, and sour cream. With the dough hook, knead until smooth.
3. Add the sugar and salt and continue kneading until the sugar is absorbed. The dough will be very soft and sticky.
4. Add the butter and continue kneading until smooth.
5. Divide the dough into portions of about 35g a piece and roll into balls. Let the dough rest for about 10-15 minutes before panning.
6. Grease the pans with butter or lard. Place the rounded dough in the pan and let rest loosely covered with plastic wrap. Leave on the kitchen counter to ferment until it rises four times its original size.
7. Bake in a preheated 400°F for 15 - 20 minutes. Set the buns aside to cool then brush with softened butter. Top with grated *queso de bola* and sugar.



CHEF PATTY: MENTION PILI NUTS AND THE FIRST PROVINCE THAT COMES TO MIND IS PROBABLY BICOL.

Pili has been neglected somewhat but now it is making a comeback with products like *marzipan*, glazed *pili* and flavored *pili* nuts, as well as the *pili* oil which some say can stand against Argan oil. The humble *pili* nut which I used to pick from our backyard tree is now coming into its own.

In Manila, whole *pili* (shelled but still in its brown skin) is sold by the kilo in specialty shops. To peel, plunge the nuts into rapidly boiling water and then shock them in cold water. Peel off the skins, dry, and roast them briefly in a hot 350 °F oven until dry and aromatic.

PILI TARTLETS

Makes 12 3" tartlets

INGREDIENTS:

CRUST:

⅓ cup + 1 Tbsp	Sugar
1 ¾ cups	All-purpose flour
½ cup	Cold butter, cut into cubes
1	Egg, slightly beaten
1-2 Tbsps	Ice water

FILLING:

3	Egg yolks
1 (300ml) can	Condensed milk
¼ cup	Grated cheese food or processed cheese
½ tsp	Vanilla extract
½ tsp	Roughly chopped roasted pili nuts*

* Consider the size of your tart pan. If the pan is tiny, chop the nuts accordingly.

MERINGUE TOPPING:

3	Egg whites
	• Pinch of salt
¼ tsp	Cream of tartar
½ cup + 2 Tbsps	Sugar

PROCEDURE:

1. Make the crust: In a food processor, combine sugar, flour, and chilled butter. Pulse until the butter is well-coated with flour, stopping every 10-15 seconds until the crumbs are the size of peas. Add the slightly beaten egg into the mixture and continue pulsing until the dough comes together.
2. Take the dough out and cut off a portion. With slightly floured fingers, press the dough into the well of a tart pan, pushing it towards the sides to make a well. Finish with the rest of the dough then prick the dough with a fork. Refrigerate for 15 minutes.
3. Preheat oven to 350 °F. Bake the crust until light golden brown, about 15-20 minutes.
4. Make the filling: Blend together egg yolks, condensed milk, cheese, and vanilla extract then transfer into a small pitcher. Divide nuts among the baked crust and pour custard in each well. Bake for an additional 15 minutes.
5. Make meringue topping: In a mixing bowl with whisk attachment, whip the egg whites at high speed with salt and cream of tartar until frothy. Lower the speed and pour the sugar in a steady stream until mixture is stiff but not dry.
6. Transfer meringue into a piping bag with a small open star tip. Remove baked tartlets from the oven. Pipe meringue in a zigzag pattern over the top of the tart. Lower oven temperature to 250 °F and continue to bake the tarts until the meringue topping is dry and crispy, for about 20-30 minutes.

just desserts

Recipes from the pros to satisfy your sweet tooth



CHEF PATTY: MAJA BLANCA, WITH ITS COOL CREAMY TEXTURE AND ITS SWEET TASTE, ALWAYS MAKES ME FEEL GOOD. Traditionally, *maja blanca* is made with sweet corn and topped with *latik*; but when you like something, you tend to make it in various ways. My obsession with coconut led me to find flavors that specifically enhance the richness of the coconut.

Recently, I added shredded coconut to my macadamia and white chocolate cookies, and used coconut milk in making my macadamia ice cream. So I decided to combine a macadamia cookie crust (*sable*) with a traditional coconut dessert—the *maja blanca*. I took out the corn and in place of *latik*, I used store-bought golden and white sweetened coconut flakes.

MAJA BLANCA TARTS

Makes 16 squares

INGREDIENTS: MACADAMIA CRUST:

1 cup	Unsalted butter
½ cup	Coconut sugar
2 cups	All-purpose flour
½ cup	Roughly chopped slightly roasted macadamia nuts

MAJA PUDDING:

3 cups	Coconut cream
¾ cup	Fresh milk
¾ cup	Water
¼ tsp	Salt
¾ cup +	Sugar
2 Tbsps	
¾ cup	Cornstarch
	•White coconut shavings
	•Golden coconut niblets

PROCEDURE:

1. Make the crust: In a mixing bowl, cream butter and sugar for 2-3 minutes. Lower speed and add flour and then nuts. Mix until smooth. Press crust on a 13" x 9" pan and bake in an oven preheated to 350°F for 15-20 minutes. Let cool.
2. Make the pudding: Put the first 6 ingredients in a pot and slowly stir with a wire whisk to dissolve the cornstarch and sugar. Cook over low heat, stirring constantly until mixture thickens.
3. Pour mixture over the baked crust and spread evenly. Chill before topping with coconut shavings and golden coconut niblets.



CHEF CARLO: WHEN I WAS STILL IN COLLEGE, I ENJOYED TAKING THE LONG BUS RIDE HOME FROM LOYOLA TO ALABANG BECAUSE THERE WAS SO MUCH TO SEE.

Aside from watching movies on the bus to keep me entertained, there were all sorts of characters who boarded the bus from religious preachers to political activists to food vendors selling soft drinks and chips. The experience was like watching TV with someone else switching channels. What I looked forward to were those students who sold food which were out of the ordinary. They would sometimes give out samples with a note that explained that your purchase would help them with their tuition. One of the delicacies I really liked was the homemade *macapuno* balls sold by those students. I would like to think that because I often bought those delicious *macapuno* balls, I was able to help a lot of kids with their education.

MACAPUNO BALLS

Makes about 40 balls

INGREDIENTS:

2 cups Macapuno preserves
½ cup Sugar
3 ½ Tbsps Cornstarch
1 - 2 Tbsps Buko juice or water
 •Granulated sugar, rice flour, or powdered milk

PROCEDURE:

1. Process the *macapuno* preserves together with the sugar in a food processor until the strings are finely chopped. Transfer to a medium saucepan and cook, stirring continuously over medium heat until most of the liquid evaporates and the mixture pulls away from the sides of the pan. Remove from heat.
2. In a separate bowl, dissolve the cornstarch in the *buko* juice. Bring the *macapuno* mixture back to the heat and stir in the cornstarch mixture. Stir continuously and cook until thick. Set aside to cool for about three hours.

3. Roll cooled *macapuno* mixture in granulated sugar but if a less sweet candy is preferred, roll in rice flour or powdered milk.



Chef Patty Loanzon & Chef Carlo Estagle

Patty and Carlo are Heny Sison Culinary School Silver Spoon awardees and were both asked to return and teach. Together Patty and Carlo fondly call themselves *Petite Cuisine (P&C)*. They help out friends with the occasional consultancy, catering, dessert, and cake orders. Patty receives notes from her students through patty.loanzon@gmail.com or facebook @Teacher Patty.



Tsaa Laya

Words by **Jamir Ocampo**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Regine Paola Velilla**

TSAA LAYA AIMS TO REDISCOVER THE HERBAL TRADITIONS OF THE PHILIPPINES AS WELL AS TRANSFORM OUR LOCAL HERBS, FRUITS, AND SPICES INTO MODERN TEA INGREDIENTS.

I came up with the idea after spending four years working in Japan, where they have a strong tea culture. When I came back, I realized that we too have a tradition of tea drinking. However, many people only drink tea as a cure for physical ailments, such as drinking *salabat* tea for a sore throat. I wanted to change that. As a longtime herb hobbyist, I feel like each herb has its own personality; each herb has its own flavor, uses, and medicinal properties.

Another advocacy of mine is helping the urban poor. In 2012, I started Tsaa Laya as a social enterprise and a source of livelihood for informal settlers who were relocated from Manila to the countryside.

We established our herbal farm and tea processing plant in Calauan, Laguna, to develop livelihood opportunities for families who are recovering from typhoon disasters and relocation.

Our signature blends have distinct flavors and therapeutic aromas without any artificial flavorings. All of our ingredients are handpicked from our organic herbal gardens, dried carefully to preserve their aromatic oils, and hand blended to achieve a unique blend of tea elements. Right now, we have five teas under the Herbal Vitality Collection (one of them, the Lemon Ginger flavor, will be sold in Bo's Coffee branches starting this August) but we're planning to release more collections over the next few months. Some of our upcoming collections are Alluring Floral Teas, Tropical Fruit Teas, and Cultural Teas of the Philippines. ☕

FOR ORDERS AND INQUIRIES, CONTACT
CEL. NO. 0915 849 3162 OR VISIT <WWW.FACEBOOK.COM/TSAAALAYA>

Jamir Ocampo





Traydor Hot Sauce

Words by **Toogy Clavecilla**
Photographed by **Yukie Sarto of Studio 100**
Art direction by **Regine Paola Velilla**

AS LOVERS OF ALL THINGS SPICY, MY FRIEND AND BUSINESS PARTNER JC MEDINA AND I NOTICED A DEARTH OF OPTIONS IN THE MARKET FOR LOCAL HOT SAUCES THAT GO BEYOND THE CONVENTIONAL FLAVORS. Chili aficionados need excitement and adventure in their tongues—so we decided to, well, spice it up!

With our entrepreneurial and culinary backgrounds, we began formulating recipes which we road tested with friends and family. The support we received from our kitchen experiments came as a surprise, just the way the heat in our sauces spiked our tongues unexpectedly. We never saw it coming! Hence, Traydor Hot Sauce was born.

Our sauces are produced in small batches because we use fresh, all-natural ingredients, with no artificial flavorings or preservatives.

Named after famous traitors, our four variants—Judas, Brutus, Damaso, and Mata Hari—infuse ingredients like mangoes, pineapples, rum, lemongrass, and coconut water, making the taste of our sauces distinctly Pinoy.

At the heart of the explosion of flavors is the locally grown *siling labuyo*, the special burn being what makes Traydor Hot Sauce just what its name implies. It is meant to deceive you. The taste will creep into your tongue, charm your taste buds with its sweetness, and linger in your mouth before finally giving you a lethal kick that stings.

The fun part is having a gastronomic adventure waiting in every meal laced with Traydor Hot Sauce. Drizzle it on roasts, barbecues, pizza, fried rice, or go up a notch and experiment with hot honey spiked cheese, ice cream, and even cold tea! We welcome you to explore the flavorful depths of our hot sauces and dare you to defy its treacherous heat. 🌶️

FOR ORDERS AND INQUIRIES, CONTACT CEL. NO. 0906 330 1292 OR VISIT <WWW.FACEBOOK.COM/TRAYDORHOTSAUCE>. FOLLOW THEM ON INSTAGRAM @TRAYDORHOTSAUCE



A Cook's Tour

Two years ago, Yana Gilbuena started the Salo Project and went on a fifty state journey to promote Filipino cuisine in America. This is her story.

As told to **Janelle Año**
 Photographed by **John Ocampo of Studio 100**
 Additional photos courtesy of **Yana Gilbuena**
 Portrait shot at **Privato Hotel**



Yana Gilbuena



APPETITE: WHAT IS THE SALO PROJECT?

Yana Gilbuena: The Salo Project is my fifty state tour in the U.S. doing Filipino pop-up dinners for fifty weeks—well, [because I experienced some delays, for] over fifty weeks now. Pop-up dinners are different from pop-up restaurants; it's a one night only thing. The menu is prix fixe. You kind of just learn about the dinners through word of mouth and social media. It's pretty much a dinner with strangers!

HOW DID YOU COME UP WITH THE IDEA FOR THE SALO PROJECT?

A lot of my friends were doing pop-up dinners in Brooklyn, but their themes were mostly farm-to-table and organic food, which is great. My theme is also

kind of farm-to-table but with a cultural component. When I started, no one else was doing Filipino food.

YOU WERE BORN IN BACOLOD, ONE OF THE COUNTRY'S CULINARY CAPITALS. HOW DID YOUR NEGRENSE ROOTS INFLUENCE YOU?

I was born in Bacolod, Negros. I grew up in Iloilo and I'm an only child so I was very *pasaway*. When I was being naughty as a child, my grandma would send me to the kitchen with our cooks. I would chop onions and garlic—that was my punishment! But my fondest childhood memory is going to the pier every Sunday after church to have a picnic. There's a lot of seafood in Iloilo and my grandma would pick up all these amazing stuff, like *pisayan* (shrimp).



Bistek Tagalog
Tartare

BEFORE YOU STARTED THIS PROJECT, YOU WERE A PRE-MED STUDENT, AND THEN AN INTERIOR DESIGNER. WHEN DID YOU REALIZE THAT FOOD WAS YOUR THING?

I was in pre-med in UP, BS Psych. When you're sixteen, you don't really know what you want, and as you grow older you get exposed to more life experiences and you think maybe [your career] isn't for you. I had so many career changes. When I moved to LA, I got a job as a behavior therapist for autistic kids. I did that for two years and then I had a major car accident and almost died—I was twenty three. It made me realize how fragile we really are, that we're not invincible. Why was I working a job I didn't really like? When I started the pop-up dinners in

2013, it just kind of exploded. It suddenly consumed my life and [I realized] that it was what I had always wanted to do.

YOU HOSTED YOUR FIRST POP-UP DINNER BEFORE STARTING THE SALO PROJECT.

When Yolanda hit, a lot of my friends in Iloilo were affected. I felt so bad that I couldn't send money because I was also *gipit*! My friends told me, "You're so stupid, you could do a fundraising dinner!" So I had one and I was able to raise \$1700 for the first dinner. That dinner was in October 2013 and five months later I started the project.

HOW DO YOU COME UP WITH THE MENU FOR THE DINNERS?

I try to have at least one dish to represent each region in the Philippines. In my menu, Luzon, Visayas, and Mindanao are properly represented.

FILIPINO FOOD IS GAINING A LOT OF TRACTION GLOBALLY TODAY, BUT WHY DO YOU THINK IT TOOK SUCH A LONG TIME TO TAKE OFF?

I kind of realized the answer to that as soon as I got back [to the Philippines]. We don't celebrate our culture enough—that's why it hasn't taken off. We ourselves aren't

proud of our culture and our food. When you go to Japan, as soon as you get off the plane, you get Japanese food. Same with China and Thailand. But here as soon as you get off the plane there's fast food, Starbucks, Italian food!

HOW CAN WE CHANGE THAT?

There needs to be a [paradigm] shift of us just being proud that this is our food. And we have to be unapologetic. We're always like, sorry *po*, *masyadong maasim*, *maanghang*. You know what I mean?

WHAT ARE THE MISCONCEPTIONS PEOPLE HAVE ABOUT FILIPINO FOOD?

Because of that stupid Fear Factor show, they made it look like Filipino food is gross. Like it was extreme. And some people think it's greasy—it's not! Filipino cuisine is actually one of the most colorful cuisines there is because we are an amalgamation [of influences], we are the true fusion. We have Spanish, Japanese, Indian, Malaysian, and Chinese influences. It's all in our food. There are so many flavors, ingredients, and influences that you can draw from.

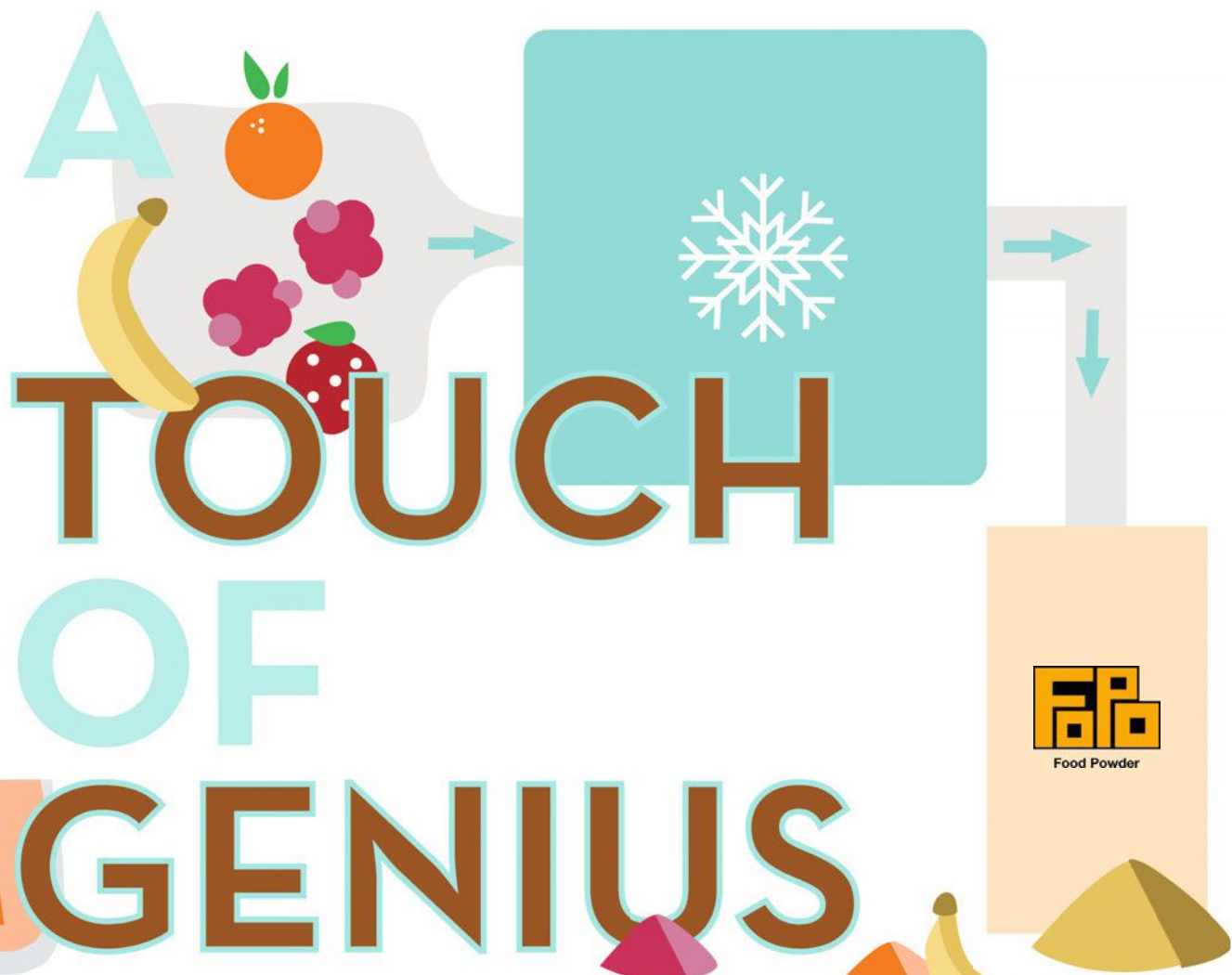
NOW THAT YOU'RE DONE WITH ALL FIFTY STATES, WHAT'S NEXT FOR THE SALO PROJECT?

A Canada tour. After Canada, I'm going to do a South American tour and then the European tour is scheduled for 2016.

FOR YOU, WHAT IS THE FUTURE OF FILIPINO FOOD?

There are a lot of avenues it can go, and I love that about our cuisine. It's so diverse and subject to interpretation. Like, there's no standard recipe for *adobo*—my *adobo* will always be different from your *adobo*. And I think that's what makes our cuisine so dynamic and creative. There's no right or wrong way! 🍴

A TOUCH OF GENIUS



Saving food deliciously—this is 24 year old scientist and entrepreneur Gerald Marin's mission with FoPo

As told to **Janelle Año**
 Photographed by **Ron Mendoza of Studio 100** (portrait)
 Additional photos courtesy of **Gerald Marin**
 Illustration by **Regine Paola Velilla**

Gerald Marin



HOW DID YOU COME UP WITH THE CONCEPT FOR FOOD POWDER OR FOPO?

Every day, people throw away food while others go hungry. Food is thrown away for all sorts of reasons—sometimes because they spoil, sometimes just because they don't look good. But if we take food that's about to spoil like fruit, for example, and freeze dry it then turn it into powder, then we can extend its shelf life from two weeks to two years. We also save 80-90% of the food's nutrients.

FREEZE DRYING AND POWDERED FOOD—SOUNDS LIKE MOLECULAR GASTRONOMY. HOW CAN HOME COOKS MAKE USE OF FOPO?

Right now, we get fruits and vegetables from groceries, we process them, and sell them back to the groceries, which in turn sell FoPo to home cooks or end consumers. They can use it as a topping for yogurt, for baked goods, smoothies, or soups. We also sell FoPo to big companies who use it for fruit juice powders. You can even make vegan ice cream with it. It's also good for things like protein shakes—the shakes taste bad on their own, but when you add sweeteners, it's not healthy anymore. But if you add FoPo, it becomes more delicious [but still] healthy. FoPo doesn't have any preservatives or additives but it retains the flavor and aroma of the food.

FoPo may be used as toppings for food and as a baking ingredient, among other uses



FOPO IS A BUSINESS, YET AT THE SAME TIME IT TRIES TO ADDRESS THE ISSUE OF WORLD HUNGER.

The [level of] food wastage, especially in developed nations, is [concerning]. In the Netherlands, they say that 10% of the tomatoes—the bottom part—is thrown away, *kasi napipisa siya* so [hindi na siya visually appealing]. In Sweden, there's a big grocery chain that imports bananas. Once they see yellow bananas, they throw it away, *sa docking point pa lang*. And the green bananas, that's what they distribute to their branches.

WHAT ROLE DOES FOPO PLAY IN ALLEVIATING WORLD HUNGER?

We're planning to communicate with NGOs, especially in Europe where they have food banks. We're also talking with DSWD (in Manila), and they're interested in piloting FoPo in poor communities. And with humanitarian aid, we want to add FoPo to relief bags instead of just canned goods and instant noodles. You don't see produce in relief goods since they spoil easily. But FoPo has a long shelf life, is organic with no preservatives, and retains the nutrition of the produce.

Gerald Marin, Kent Ngo, and Vita Jarolimkova presenting FoPo



WHO ARE THE PEOPLE BEHIND FOPO?

There are five of us. Four of us met at university—I'm currently in the Erasmus Mundus program, taking my masters in food innovation and product design. That's where I met Vita Jarolimkova, who is from the Czech Republic. Lizzie Cabisdan is a fellow Filipino, with experience in the food ingredients industry. Ada Balazy is our resident dietician from Poland. The four of us met [at the start of the program] and we met Kent Ngo, our designer, at Lund University.



WHAT SPARKED YOUR INTEREST IN ENVIRONMENTALISM?

You know those Adarna's children's books? I read *Emang Engkantada at ang Tatlong Haragan* (by Rene Villanueva) when I was a kid. The story is that there are three kids and they're polluting the environment—they're wasting water, things like that. So as early as six years old, I saw how important it is to really take care of the environment. 🍷



Yogurt sprinkled with strawberry FoPo

The very
basic
CORE
of a man's
LIVING
SPIRIT
is his passion for
ADVENTURE

Christopher McCandless

Photo by Aristotile Marc Go



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Dining

AUGUST 2015

We tried out four exciting new Filipino restos this month. We invite you to try our discoveries—like Kafé Batwan's Madrid Fusion Super Batchoy, Neil's Kitchen's Sinigang Paella, Provenciano's Sugpo sa Alavar, and Alab's New York Cubao Cheesecake. Plus: find out which made top of the list in Zig's hunt for the best *bulalo* in town!

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What's Your Beef?





The New Adventures of Old Cuisine

KAFÉ BATWAN PRESENTS A CONTEMPORARY
APPROACH TO FILIPINO FOOD

Words by **Janelle Año**
Photographed by **John Ocampo of Studio 100**
Art direction by **Yllaine Sabenecio**
Sittings editor **Via Pelea**

Pancit palabok like you've never seen it before: adobong pusit, crispy crablets, tuna skin, and taba ng talangka take this palabok to the next level



While the presentation of the Arroz Caldo Parcels borrows from other Asian cuisines, the flavor is uniquely Pinoy



This is the same *batchoy* Chef JP served at this year's Madrid Fusion

COMBINE A RESPECT FOR TRADITIONAL FILIPINO FLAVORS WITH A PENCHANT FOR INVENTIVENESS IN THE KITCHEN AND YOU GET KAFÉ BATWAN'S UNIQUE BRAND OF PINOY FOOD. The Sarsá group's newest project, Kafé Batwan serves updated versions of everyone's favorite Filipino classics. Just don't call it fusion. While their food may look different from the usual Filipino restaurant fare, the flavors are all 100% Pinoy. "It's a more contemporary approach to Filipino cooking but at the same time it's not fusion," Chef JP Anglo explains.

The menu covers everything from breakfast food to appetizers, *merienda*, and even heavier meals. A few of the dishes might be familiar to patrons of Sarsá (the café borrows four dishes from its sister restaurant, including the **Inasal Paa and Pecho**, and **Sinigang Fried Chicken**) but most of the dishes are completely new.

A Filipino version of Indian curry using *ginamos*



The Trio of Pinoy Spreads comes with *monggo labuyo*, salted egg *talong*, and *talong ginamos* dips



A few, on the other hand, are playful riffs on Sarsá's bestsellers, like the **Kansi Panada** which uses Sarsá's famous sizzling *kansi* (an Ilonggo dish that's a cross between *bulalo* and *sinigang*) as stuffing for *empanada*.

Drop by in time for breakfast to sample the **Kansi Corned Beef**, where sour *kansi* is shredded then fried to a crisp. Accompanying it are creamy scrambled eggs (topped with *kesong puti* for an extra kick of flavor) and coconut garlic fried rice. The **Arroz Caldo Parcel**, on the other hand, is a deconstructed version of the soup. Served like *machang* and plated like *nasi goreng*, steamed rice is wrapped in banana leaves and served with salted egg, *dilis*, strips of chicken, pork, tofu, and a bowl of soup on the side. The presentation is an ingenious way of making sure all the components maintain their ideal texture, to keep the *dilis* and the pork crunchy. "You can eat the toppings individually and chase them down with the soup," Chef JP says. "But I've also seen people eat the toppings and the rice together because that's what they're used to. It's fine as well."

The humble *ginamos* takes the spotlight in the **Baked Lapu-Lapu Ginamos Curry**, which Chef JP jokingly calls a "mestizo curry." While it uses Indian curry leaves (hence the moniker) to add depth and body to the curry, the dominant flavor is salty and pungent fish *bagoong* or *ginamos*. Strips of green mangoes and a medley of vegetables liven up the dish. The **Pancit Palabok** is another must-try. What sets their *palabok* apart is the use of *taba ng talangka* to make the sauce just that much more sinful, and the addition of *adobong pusit* and crispy crablets.

Lastly, the **Madrid Fusion Super Batchoy** comes highly recommended. What makes it super? The *kaldo* is rich, garlicky, and immensely flavorful owing to a 12-hour cooking process. And they don't hold back on the toppings either; each mouthful yields hefty portions of innards, meat, and noodles while crunchy tuna skin, *kurobuta char siu*, and softboiled eggs finish off the dish. Kafé Batwan's *batchoy* is proof positive that even the most humble, common food can be elevated given the right ingredients, techniques, and tweaks.

Tweaking recipes while maintaining their essence—it sounds simple enough, but it takes great skill to pull off, and that's where the café shines. "I want Kafé Batwan to be a platform for Philippine cuisine," Chef JP says. "We're on the global stage now. What's next?" This is the question that drives him to create and innovate in the kitchen, to make sure that what the café serves is not just the type of food you can get in any other restaurant, but a true exploration of Filipino food's limitless possibilities. 🍴

• MENU •

Trio of Pinoy Spreads (P250)

Kansi Corned Beef (P350)

Arroz Caldo Parcel (P250)

Baked Lapu-Lapu Ginamos Curry (P395)

Pancit Palabok (P295)

Madrid Fusion Super Batchoy (P450)

KAFÉ BATWAN IS LOCATED AT 122 JOYA LOFTS & TOWERS, AMORSOLO DRIVE, ROCKWELL, MAKATI CITY. TEL. NO. (02) 625 51 66



Regional Rediscoveries

ALAB PRESENTS ITS MODERN APPROACH
TO FILIPINO FAVORITES

Words by **Paul Catiang**
Photographed by **Mark Jacob of Studio 100**
Art direction by **Janelle Año**
Sittings editor **Ron Mendoza**



The rich sauce of the Morcon can only come from hours of long, slow simmering

Only fresh *tanigue* will do for Chef Tatung's Kinilaw



This Chicken Pianggang is a popular Tausug dish



Every part is edible in this boneless Pritson na Crispy Pata



The New York Cubao Cheesecake is a hybrid of cheesecake and *bibingka*



ONE RECOGNIZABLE CHARACTERISTIC—MAYBE SOMETIMES A CLICHÉ—OF FILIPINO CULTURE IS A PROFUSION OF DETAILS: churches with their baroque carvings and intricate architecture, jeepneys with their airbrushed pop-culture images, Filipino restaurants with an entire catalog of dishes. But there is a minimal side to Filipino culture in general and our cuisine in particular; it's the kind we taste in dishes like *kinilaw* and *adobo*, or the taste of plain rice, served with any *ulam*.

We witness this minimalism in Alab by Chef Myke "Tatung" Sarthou. The restaurant's interior design presents a playful reversal of Filipino restaurant elements. The bar is fronted by wooden squares over a *capiz* background; the cliché giant spoon and fork are mosaics of actual spoons and forks; the wash area is studded with giant jackstones—all creating a familiar but minimal atmosphere. Naturally, Alab's menu echoes this elegance: centered on a *dose-dose* framework, it offers twelve classic Filipino dishes and twelve must-try regional favorites.

THE TWELVE CLASSICS

In Alab's menu, they fall under 'Sandosenang Sikat' or in Tatung's words, "the dishes a Filipino restaurant can't not have." These include *kinilaw na tanigue*, *pancit canton*, and *sinigang na baka*. All the dishes in this category offer the comfort of the familiar to Filipinos and for foreigners, an introduction to the country's more popular dishes. Alab's **Adobong Pula** is a trip through history, back to precolonial times, when the dish used an even older ingredient: *atsüete*. Meanwhile, the **Beef Morcon** evokes the more festive side of Filipinos, making that rare treat available for a *fiesta* of any size.

THE TWELVE REGIONAL REDISCOVERIES

Alab's menu is the result of one year's work, combined with Chef Tatung's four years of research for his book, not to mention his professional experience. From this emerge twelve regional dishes—"Sandosenang Dapat Malasap!"—that explore other ways Filipinos relate to food.

First of these is the **Pianggang**. A Tausug chicken dish, it's made by marinating toasted *niyog* that's ground with lemongrass, fresh turmeric (sometimes called yellow ginger or *luyang dilaw*), and a local shallot called *sakurab*. "It's like a black curry sauce," says Tatung. "You rub it on chicken, grill it, then braise it in *gata* and then baste again—it's very complex, very Southeast Asian." If anything, the *pianggang* reminds us of our centuries-long relationship with the rest of Southeast Asia, and that the south has continued many of its culinary practices until the present.

Second is a favorite from Northern Luzon, the **Poqui-poqui à la Alab**. "Poqui is literally eggplant in Ilocano," Tatung explains. A combination of eggplant, tomatoes, and Alab's own Vigan-style *longganiza*, their *poqui-poqui* just might join the ranks of the more popular Filipino comfort food.

Third is Alab's **Bringhe**, one of the dishes that took a bit of reinvention. Normally mistaken for paella or arroz à la Valenciana, *bringhe* is the Pampangueño poor man's dish; chicken, *gata*, *luyang dilaw*, and sticky rice all simmered in a pot. Alab changed the way the dish is presented. Tatung describes the process: "We deboned and filleted an entire chicken, put it on top of the sticky rice, and baked it all in a pan, so we were able to slice

it like a cake. Actually, the crust is a whole chicken... It looks a bit modern, *pero kung* Kapampangan *ka*, it will taste familiar."

REASONS TO RETURN

Of course, there's much more to try at Alab: the punny—and delightful—the **New York Cubao Bibingka Cheesecake**, the refreshing *tuba* shake, the *kamote cue* and *laing* ice creams. Yes, they make *laing* ice cream, and it must be tried to be believed. All this stems not from a gimmicky approach to local cuisine, but a thoughtful inquiry into how Filipinos relate to food.

Filipino cuisine, according to Chef Tatung, is more considerate. "It's more, 'Ano ba 'yung gusto mo?' It's more feminine. It's based on cooking made at home to feed real people... There is a more nurturing element to the cooking." It is this nurturing atmosphere that Alab aims to create for its diners. Even with its minimal menu, Alab promises more with each visit, whether it's for discovering a new combination of flavors or for the comfort of the familiar. 🍴

• MENU •

Beef Morcon (P350)
Kinilaw na Isda (P280)
Poqui-poqui à la Alab (P160)
Pianggang (P270)
Pritson na Crispy Pata (P580)
New York Cubao Bibingka Cheesecake (P140)

ALAB IS LOCATED AT 67 SCT. RALLOS ST., SACRED HEART, QUEZON CITY. TEL. NO. (02) 364 9631



A Study in Contrasts

NEIL'S KITCHEN SERVES FOOD THAT IS BOTH COMFORTING AND ADVENTUROUS

Words by **Job de Leon**
Photographed by **Yukie Sarto of Studio 100**
Art direction by **Janelle Año**



Sinigang meets paella. Grilled pork belly is served on the side

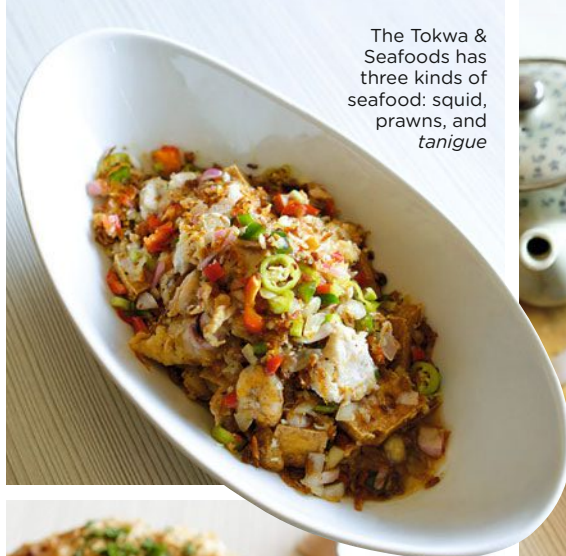
en #neilskitchenph

NEIL'S KITCHEN'S OWNER AND HEAD CHEF, NEIL RAMOS, NEVER IMAGINED HE'D ONE DAY OWN A RESTAURANT. He was comfortable running a catering business for 15 years with his wife, Michelle, and believed that a restaurant just meant daily stress. But with the encouragement of their long-time clients, Neil's Kitchen took a chance at opening its doors to the public.

The initial dining concept was built around American comfort food. However, the idea of comfort eventually drew Ramos to Filipino food, the food he grew up with. "The food that I put out is how I would eat them or how I would want to eat them," he explained. "You can say it's 'modernized' Filipino food. I reworked the presentation and made a few adjustments, but I never altered the essence of the dish."

Most paella presentations are lavish and huge. The **Sinigang Paella**, in contrast, is a single serving of orange rice and a side of grilled *liempo*. This dish lets the taste do all the talking. One doesn't expect tangy notes when eating a mouthful of paella, but the cognitive dissonance is pleasant and interesting. Alternate it with bites of lightly fried *kangkong*, and experience a new way of eating a Filipino classic.

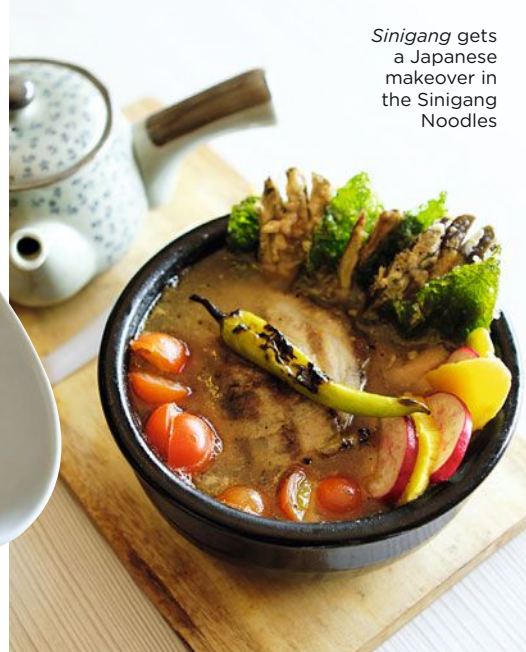
Their **Dinuguan Fondue** might've cracked the code to selling foreigners on the blood stew. Neil's Kitchen ditched the usual family-style presentation. Instead, diners are served with grilled pork and chicken chunks to be dipped into a bowl of smooth and rich *dinuguan* sauce. Separating the meat from the sauce, Ramos says, is the key to an authentic *dinuguan* experience. On the side, diners may request either a side of rice or *puto calasiao*.



The Tokwa & Seafoods has three kinds of seafood: squid, prawns, and *tanigue*



Crab Cake Torta with Aligue Pasta



Sinigang gets a Japanese makeover in the Sinigang Noodles



Flaky sheets of fried wonton wrappers alternate with fresh fruit in the Turon de Napoleon

If you're looking for seafood, the **Tokwa & Seafoods** gives you a boatload of fried *calamares*, grilled prawns, and *kinilaw na tanigue* seasoned with vinegar, soy sauce, onions, and peppers. Be sure to try the **Crab Cake Torta with Aligue Pasta**. The sauce is rich and creamy, while the crab shells are stuffed with pure crab meat and a sprinkling of bacon for extra flavor. It tastes as indulgent as it sounds.

Ramos calls the **Sinigang Noodles** a "ramenized" dish. Japanese pickles, radishes, and crispy *kangkong* garnish a hot bowl of soup and white rice noodles. The meat is also prepared in a Japanese style as well—tender *chashu*, boiled for several hours and grilled right before serving, tops the dish. It's an unexpected combination but the smoky pork complements the sour soup. Though found in the menu's *merienda* section, the portions are generous enough for a satisfying meal.

For dessert, there's no wrong choice. The **Fried Suman, Mangga & Chocnut** and **Puto Bungbong with Buco Jelly and Toasted Coconut** are laudable reinterpretations of

timeless snacks, but the **Turon de Napoleon** is the most impressive undertaking: bananas, puréed fresh *langka*, and fried *molo* wrapper, drizzled with confectioner's sugar and caramel sauce will have you craving it long after you leave.

It's easy to take comfort food for granted. But the food at Neil's Kitchen is different. It's both novel and familiar, adventurous and accommodating, and dependable and exciting. All it takes is a bit of imagination. 🍴



Dinuguan presented in a new way: as fondue, with puto and meat on the side

• MENU •

- Sinigang Paella (P350)
- Dinuguan Fondue (P395)
- Tokwa & Seafoods (P395)
- Crab Cake Torta with Aligue Pasta (495)
- Sinigang Noodle Soup (P325)
- Fried Suman, Mangga & Chocnut (P250)
- Puto Bungbong with Buco Jelly and Toasted Coconut (P250)
- Turon de Napoleon (P195)

NEIL'S KITCHEN IS LOCATED AT WESTGATE CENTER, FILINVEST CITY, MUNTINLUPA. TEL. NOS. (02) 771 13 31 AND 710 8962



Feel at Home

GET A TASTE OF
COUNTRY COOKING
RIGHT IN THE CITY

Words by **Rina Caparras**
Photographed by **Yukie Sarto of Studio 100**
Art direction by **Yllaine Sabenecio**
Sittings editor **Via Pelea**

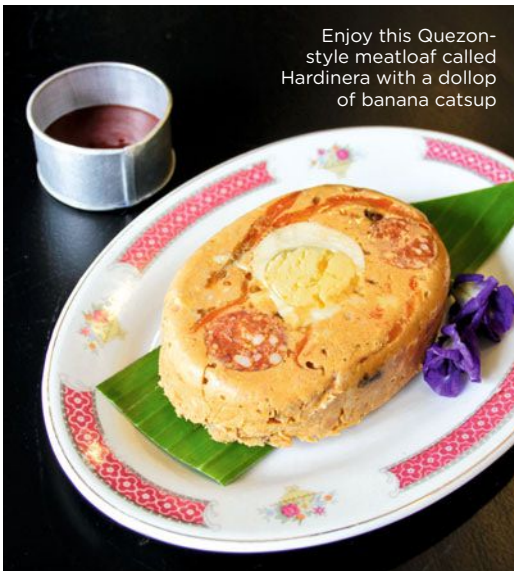


Atsuete oil gives
this *adobo* a deeper,
richer flavor

The twice-cooked Litson Tadyang is perfection in every bite



Enjoy this Quezon-style meatloaf called Hardinera with a dollop of banana catsup



THERE'S NOTHING LIKE A HEARTY, HOME-COOKED MEAL TO MAKE US FEEL BETTER AFTER A LONG, TIRING DAY. This is exactly what Provenciano Restaurant hopes to offer its guests: the opportunity to have a delicious, comforting, traditional Filipino meal with family and friends, without any distractions from the modern, urban life.

Hoping to be a game-changer in the Quezon City food scene, Provenciano is notable for being the first restaurant in Maginhawa to specialize in regional Filipino food. Chef Hernan Christian de Jesus and his partners chose this area for its down-to-earth Filipino charm and its reputation of allowing business owners to experiment with new concepts. In fact, in their desire to open a restaurant in the area, they resorted to knocking on doors, asking if they could rent a space. Eventually, one owner of a spacious 1980s house along Maginhawa agreed.

Chef Hernan and his partners decided to include in their menu the best dishes



Sinanglay is tilapia simmered in coconut cream with a hint of lemongrass



Pinalutong na Hito, Mustasa, at Balaw-Balaw



Sugpo sa Alavar: fresh prawns simmered in a garlicky seafood sauce

from as many regions around the Philippines as possible. To achieve this, they traveled around the country for a year to taste indigenous dishes and to learn how they're made. Along the way, they also happily collected art and antiques from far flung provinces. Those pieces are now proudly displayed in the restaurant and the result is a homey yet elegant look.

Provenciano makes dishes as authentic as possible, because Chef Hernan believes that Filipino food can stand on its own without being tweaked or embellished. At present, the restaurant serves dishes from Pampanga, Cebu, Tagaytay, Quezon, Ilocos, Zamboanga, Bacolod, Bicol, and many other provinces. For example, the **Sugpo sa Alavar** is a savory and garlicky dish composed of giant prawns simmered in *alavar* sauce, inspired by a restaurant in Zamboanga with the same name.

Provenciano also has unforgettable meat dishes to choose from, such as the **Adobong Batangueño**, which is essentially beef *adobo* cooked with *atsuite* and turmeric oil, giving it a distinct character. Try the **Tinumis**, a dish from Central Luzon that resembles *dinuguan*, but uses tamarind blossoms instead of vinegar as the souring agent. Chef Hernan's personal recommendation is the **Litson Tadyang**: meaty beef ribs in Provenciano marinade that are grilled to perfection.

For those looking for no-meat options, Provenciano offers the **Sinanglay**: a grilled tilapia dish wrapped in *pechay* leaves, simmered in coconut cream and lemongrass. The herby lemongrass and

the rich coconut cream combine to give off pleasantly sour and savory flavors that elevate the humble tilapia.

If you're willing to eat with your hands, try the **Pinalutong na Hito, Mustasa, at Balaw-Balaw**. To best enjoy this famous Kapampangan dish, take a fresh mustard leaf, top it with some fried catfish and *balaw-balaw* (*burong hipon*), then roll it to make a neat package. Pop one into your mouth and experience an explosion of flavors and textures.

With a diverse menu composed of regional dishes, Provenciano gives its guests the experience of being in the provinces without having to travel far from home. Whether you're a person who grew up in one of the provinces seeking nostalgia and a taste of home, or a city dweller trying to discover regional dishes, you will definitely find something to love at Provenciano. 🍴

• MENU •

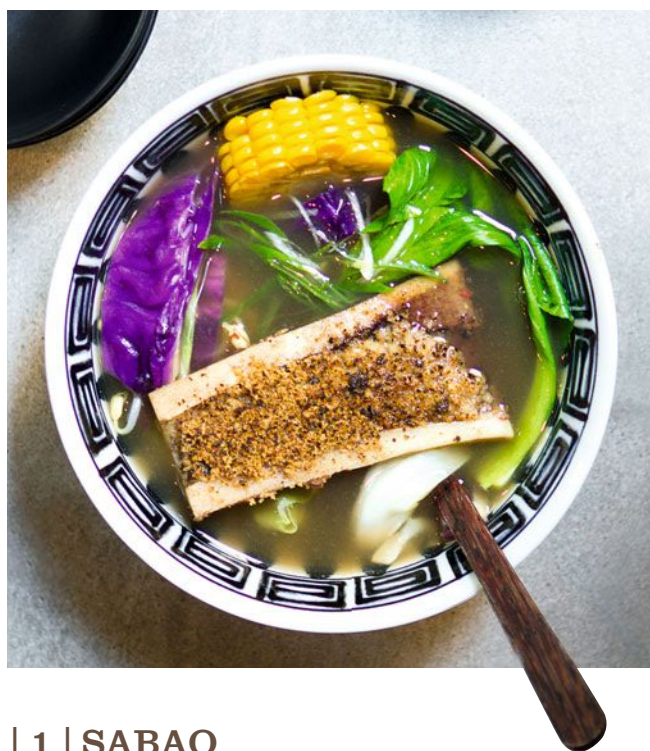
Adobong Batangueño (P310)
Tinumis (P260)
Pinalutong na Hito, Mustasa, at Balaw-Balaw (P280)
Sinanglay (P290)
Litson Tadyang (P450)
Hardinera (P295)
Sugpo sa Alavar (P530)

PROVENCIANO RESTAURANT IS LOCATED AT
#110 MAGINHAWA STREET, QUEZON CITY.
TEL NO. (02) 922 27 36

What's your beef?

Words by **Zig Naguiat**
Photographed by **Krizia Cruz**

Oh yes, *bulalo*. Slow-poached beef shank with a lovely eye of bone marrow in the center. Go ahead and moan. You know how good it can be. But how about *bulalo* prepared differently? That should be something. Don't know where to go? Then follow me!



| 1 | SABAO

Ground Floor, Signa Designer Residences, Valero
Corner V. A. Rufino Street, Salcedo Village, Makati
City. Cel. no. 0917 581 8969

Ooh, that's an informative menu. Pretty pictures too—that's the nicest looking bowl of soup I've ever seen. I ordered one **Bulalo** (P370) and it wasn't quite what it looked like in the picture. That hunk of shank-bone encrusted with spices looked mighty pleasing, though. It was peppery and crunchy, and the marrow just melted in my tongue. The broth had a clean and (almost purely) beefy flavor. The shank meat was tender, but there was only enough for three whole bites. The vegetables were crisp and fresh, and gave a lot of color to the *bulalo*, which normally looks simple in other restaurants. It was definitely good stuff, but a little pricey. But with the options to add whatever you want in your soup, it's worth a few visits just to try out all the variants you can think of.

Rating:
4/5



| 2 | BULLCHEF

4 East Capitol Drive, Kapitolyo, Pasig City
Tel. no. (02) 246 9060 ext. 279

Ah, I like these smaller places. Sometimes they have the best finds when it comes to food. Since I like *bulalo* and I like *sisig*, I ordered the **Bullsisig** (P175). Best of both worlds? I hope so! Man I got hungry just looking at it. It had chopped up shank meat topped with an egg sizzling away next to some garlic rice. I mixed it all up and took a taste. It's spicy, but not too spicy. The meat was very tender and well-seasoned, but it lacked the crunch of a *sisig*. It has an appetizing taste to it though. I think you definitely get a bang for your buck with this dish. It's no-frills, but it's also definitely not the norm.

Rating:
3.5/5



| 3 | MANAM

Level 1 of Greenbelt 2,
Ayala Center, Makati City
Tel. no. (02) 625 0515.
Cel. no. 0917 539 9661

Soup's up and I'm hungry for... bone marrow *kansi* and sweet corn? Apparently, this is the Ilonggo version of *bulalo*, soured with *batwan*, a fruit that grows in the Visayas. Something new! I ordered a serving for three (P405). Hmm, that was a bold-tasting broth, beefy with a sourness that made me want to eat more. I could taste tomatoes, ginger, and lemongrass. The meat was pliant and tender, and absorbed the flavors of the broth. Most of the marrow disintegrated into the soup and gave the broth a little richness. Very tasty—and the serving really IS good for three! I liked it. Try this the next time you're craving some sour soup.

Rating:
4/5





| 4 | PAT-PAT'S KANSI

Kamagong cor. Sampaloc St., San Antonio Village, Makati City
Tel. no. (02) 890 6179

I decided to try this place out after a friend recommended it to me. It's not the classiest place but what's important is the soup, right? I plunked my fat butt down and ordered their **Bulalo Kansí (P155)**. Oh my. Look at that hunk of bone right there. That's a lot of marrow. There wasn't much meat, just a few scraps hanging from the shank and in the soup. After dredging the marrow out, I scooped up a serving and took a sip. Delicious! Beefy, lightly sour, sweet, and savory. The marrow added extra richness to the broth. I could eat this everyday... but I think my heart would stop by the end of the third day. Even though it had very little meat, the meat was incredibly tender. Your mileage may vary on this place depending on how much you think you should pay for bone in soup, but for me, this Bulalo Kansí is...

Rating:

4/5



| 5 | BAGOONG CLUB

82 Katipunan Avenue Extension, White Plains, Quezon City
Tel. no. (02) 294 3136

Bagoong Club has this special "bulalo fiesta" thing going on. I ordered their **Bulalo Kare-Kare (P440)** and a single serving of **Bulalo sa Monggo (P72)**. The peanut sauce of the *kare-kare* was thick but not cloying and there was a good amount of vegetables and tender beef under all that sauce. It came with a *bagoong* that had some chocolate in it, lending some sweetness to the dish. And while it was a good *kare-kare*, it didn't really push the envelope. The *monggo* soup had a nice beefy and earthy flavor to it. It had some beef shank but I was disappointed that there wasn't any marrow that I could see.

Rating:

3.5/5



Zig Naguiat

Zig Naguiat loves to eat bone marrow, the butter of the gods. But not every day. He doesn't want to have breakfast with the gods just yet.



| 6 | ELIAS

Ground Floor, Robinson's Magnolia, New Manila, Quezon City. Tel. nos. (02) 961 0339 and (02) 546 7977

Honestly, I've never had sizzling *bulalo* before, so I was eager to try this. I got the **Joaquin (P575)** which was impressive looking—there was a lot of meat and gravy on that sizzling plate. But the plate wasn't all that hot so it stopped sizzling quickly. The meat was very soft and well-seasoned. The gravy was mighty tasty, but was thickened with too much flour—it started getting thicker once it cooled. The veggies were thankfully not overcooked, and went well with the gravy. Only one of the bones had marrow in it, though... Overall, it was pretty good but a bit pricey although it's big enough for two.

Rating:

4/5





La Paz Batchoy

Words by **Janelle Año**
Photographed by **Mike Cuevas of Studio 100**
Art direction by **Regine Paola Velilla**
Food styling by **Nina Daza-Puyat**

NOTHING BEATS A PIPING HOT BOWL OF LA PAZ BATCHOY ON A COLD, RAINY DAY. THE ULTIMATE COMFORT FOOD, BATCHOY IS A COMPLETE MEAL IN ITSELF. The soup has four definitive ingredients: meat, noodles, eggs, and *chicharon*.

The meat in *batchoy* is a combination of cuts of chicken, pork innards, and beef bones; these are the ingredients that make the broth so rich and flavorful. *Ginamos* (*bagoong*) and shrimp are also used to add extra flavor. As for the noodles, fresh *miki* is traditionally used, although there are versions of *batchoy* made with *bihon*, *sotanghon*, and *misua*. The eggs provide a silky contrast to the heft of the meat and the noodles. The egg can be either cracked into the hot soup raw, stirred until it cooks and forms strands, or it can be cooked separately (almost always hardboiled) and added to the soup. A generous sprinkling of *chicharon* is added as a final touch. *Puto* or *pan de sal* is often served on the side to balance out *batchoy*'s richness.

While everyone agrees that *batchoy* originates from La Paz, Iloilo, there is still debate as to who actually invented it. The two contenders are Federico “Deco” Guillergan Sr. of Deco’s Original La Paz Batchoy and Teodorico “Ted” Lepura of Ted’s Oldtimer Batchoy. Both men made their name and fortune (and a decades-long rivalry) in the stalls of the La Paz Public Market, where their original counters still stand.

A butcher by trade, Deco was the first to put up his stall in 1938. Costing 10 centavos for a small bowl and 20 centavos for a big bowl of *batchoy*, his original recipe allegedly only had broth and meat. He added *miki* upon insistent requests from his Chinese customers, and that is how *batchoy* as we know it was born. He is also said to have invented the dish’s name, jokingly referring to his creation as “bats” (no one is sure why, although it may be because “ba” means “pork” in Chinese), adding “choy” only later.

On the other hand, Ted claims to have learned the recipe in the 1930s, before Deco put up his stall. He claims to have learned the recipe from a Chinese merchant whom he had worked for. It was in 1945 when Ted put up his own stall, selling his *batchoy* for 20 centavos per bowl. His *batchoy* quickly became popular, and its popularity peaked when he started offering *batchoy* made with other types of noodles in the 1960s.

Today, business remains brisk for Ted’s and Deco’s, with both of them franchising their shops all over the Philippines. 🍴





Heart & Home

AUGUST 2015

We dig deep into our country's rich culinary history with two articles about Pampanga's culinary gems. Learn about Sta. Rita's famous *duman*, and find out all about the lavish feasts of Old Pampanga. Plus: Cherry Pie Picache talks to us about her first restaurant business and her mother's "golden book" of recipes and kitchen tips!

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Cherry Pie Picache



Golden grain

Words by **Michelle Frazier**

Photographed by **Zac Moran**

Special thanks to **La Moderna Bakery, Angelo Narciso Songco, and the Lagman Family**

The long, unbroken, centuries-old tradition of *duman* making is very much alive in Sta. Rita, Pampanga. Here, the rice grains are winnowed in an upward, circular, and sideways motion to separate the empty husks from the full grains.



After pounding, the empty husks are winnowed in a *bilao*



The first *pagbabayo* or rhythmic pounding of the roasted grains is done by three men, assigned to a mortar or *asung*. First pass is to break the husk and the succeeding rounds are to polish and flatten the grains. Only the full grains are sold as *duman*.

PAMPANGA IS KNOWN AS THE CULINARY CAPITAL OF THE PHILIPPINES WITH ITS ARRAY OF “MANYAMAN” (DELICIOUS) DISHES AND THE LOCALS’ PASSION FOR GOOD FOOD. One of the best dishes that comes from this province is the world-renowned *sisig*; however, most people don’t know that Pampanga is also home to a rare gem that originated from a centuries-old tradition of passionate cooking—the *duman*.

Duman is a fragrant delicacy that is made during the holidays. It is made from very young *lacatan maluto* (glutinous rice), available only during the beginning of November up to December. The *duman* undergoes a process of pounding and sorting the unripe glutinous rice, turning it into a light pale gold or green delicacy.

Though other towns in Pampanga claim to have invented the *duman*, Sta. Rita (home to other Kapampagan delicacies like *sans rival* and *turrones de casoy*) is the best known producer of this prized grain. With all the delicious offerings of the town of Sta. Rita, *duman* remains to be the highlight and most

anticipated delicacy during the Christmas season.

The *duman*-making tradition is said to have started in the 1700s since it was already mentioned by Friar Diego Bergaño in his book *Vocabulario de la Lengua Pampanga*. According to research, other towns may have produced the precious *duman* during that era, but only Sta. Rita was able to preserve and uphold the laborious tradition alive until today.

Not surprisingly, there are actually *duman* imitations that are available in the market where the fake *duman* is bigger, contains *pinipig* that has been infused with bright artificial green coloring, and is sold at a very low price.

The price is probably the main indicator, because an authentic *duman* is NEVER sold cheap because the grain undergoes a very meticulous process. More than a delicious delicacy, there is a love and respect for tradition that comes with it. *Duman* (sold by volume) costs around P3000 per *pati*, equivalent to 1.8 kilos.



In a special claypot called *yanga*, the *duman* grains (after soaking for an hour) are roasted using a stove or *lungo*.



It takes years of experience to recognize the younger grains from the more mature ones



The stalks are harvested at dawn exactly 10 days after the *buticas* or single grain first appear.



Duman is best eaten like cereal: with fresh carabao's milk or hot chocolate

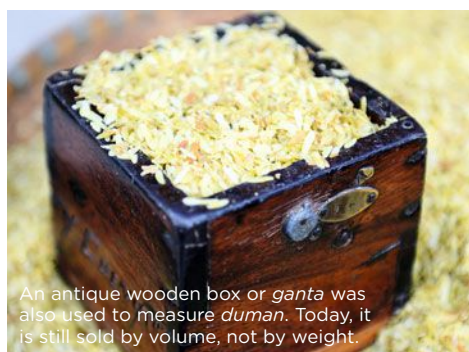
Fresh *duman* is eaten plain like cereal or with carabao's milk and some sugar. This perfect partner for a hot *batirol* (hot and thick chocolate drink made from local cacao beans) should be eaten slowly so that you can relish its divine taste.

The ritual of harvesting and the making of *duman* has always been a community affair, with the older generations passing on specific skill sets to the next, in order to preserve tradition. In the early days, musicians and folk singers (*ba-ba-ge*) performed alongside the *duman* makers (*ba-ba-yu*) to make the overnight process livelier.

Once again, Sta. Rita will host the much-awaited Duman Festival as a revival of the colorful *duman* tradition. During the festival, visitors will be able to witness the making of *duman* firsthand, as well as celebrate the harvest with locals.

The aim of the festival, organized by ArtiSta Rita Foundation, Inc., with the local government, is to bring awareness to the younger generations about this rich, centuries-old tradition and to invite tourists as well.

Aside from *duman*, some of the highlights of the festival are the Kapampangan *sarsuela* that will feature local folksongs, contemporary music performance by local artists, food fair featuring delicious Kampampangan dishes, and more. The Duman Festival is held on the first Saturday of December. 🍴



An antique wooden box or *ganta* was also used to measure *duman*. Today, it is still sold by volume, not by weight.

THE LABORIOUS PROCESS OF DUMAN MAKING

1. The *bini* or mature grains of *lacatan maluto* is selected carefully for planting. Sowing is done during the rainy season of June to August.
2. Harvesting is done in mid-November, when the young grains of rice have "milk" inside the grain. It is usually 10 days after the *buticas* or first sheaf of grains first appear.
3. The grains are milled to separate them from the stalks. The stalks are further processed by "paspas" and made to go through a contraption called "quisquisan." The grains are then sifted in a bamboo sieve.
4. The resulting rice grains are soaked in water for a few hours. The chaff floats up and
5. The *duman* are now toasted for an hour using a giant *palayok* and a long *sandok*, to roast the "milk" inside the grain. The *duman* is left to cool.
6. Next comes the *pagbabayo* or pounding using a traditional wooden mortar called *asung* and a long wooden pestle called *alung*. These wooden pestles are quite heavy as they are made with hard wood such as *dinarra*, *molave*, and *yakal*. *Pagbabayo* takes out the husks from the *duman* in 4-5 rounds, of about 15-20 minutes per round.

INFORMATION GIVEN BY MR. ANDY ALVIZ OF ARTISTA RITA FOUNDATION, INC.

DUMAN IS AVAILABLE AT SUGARLEAF MAKATI. TEL. NO. (02) 812 7323

Sta. Rita's Many Delicacies

Words and photos by **Zac Moran**
Additional photo by **Mac Centeno (barquillos)**

BARQUILLOS OF STA. RITA

Sta. Rita's tradition of *barquillos* making dates back 100 years. *Barquillera* (steel hot plates) and wooden molding sticks were passed on from generation to generation. The recipe uses flour, sugar, salt, carabao's milk, and duck egg yolks. The yolks give the *barquillos* their distinct rich flavor and yellow color.

The Dela Cruz compound in Brgy. San Vicente is the only place in Sta. Rita where the famous *barquillos* is made. Here, Rita Dela Cruz or Atching Rita makes the *barquillos* with the recipe she inherited from her godmother. She has been making *barquillos* every day, from 6AM to 12NN, for forty years. She makes at least 400 sticks of *barquillos* a day, which is sold in San Vicente and in La Moderna at Guagua, Pampanga, for P50 a pack.



Cooking the nougat for the *turrone de casoy* requires continuous mixing for six hours



This woman has been on the job wrapping *turrone de casoy* for 30 years



OCAMPO LANSANG'S TURRONE DE CASOY AND SANS RIVAL

When it comes to *turrone de casoy* and *sans rival*, the name Ocampo Lansang Delicacies of Sta. Rita is always mentioned.

Today, siblings Ramon and Agnes Ocampo run the business which they inherited from their aunt, Felisa Ocampo Lansang.

It all started in the 1920s, when a Dominican sister taught a group of young women how to make several delicacies, including *turrone de casoy* and *sans rival petit fours*. In the

group was the young Felisa Ocampo,

who was then working as a seamstress, sewing habits for the priests. Using the recipes she learned, Felisa started her own business. What makes her *sans rival* so special? Felisa remains faithful to the original recipe, and is very particular about the ingredients that she uses. She only used cashew nuts from Palawan. Today, their products are available in all outlets of Susie's Cuisine and Nathaniel's.



Cocina Sulipeña

EXCERPTS FROM COCINA
SULIPEÑA: CULINARY GEMS FROM
OLD PAMPANGA

Words by **Chef Gene Gonzalez**
Special thanks to **Mr. Toto Gonzalez**
Items from the personal collection of **the Arnedo-Gonzalez family**
and the **Culinarium Museum, Angeles City**
Photographed by **Mike Cuevas, Mark Jacob,**
and **Ed Simon of Studio 100**



drafted the country's first constitution.

Tradition bent heavily on the Spanish customs of having five meals a day. A typical breakfast was *pistou* (an elaborate omelet for fiestas, weddings, christenings or funerals), *chorizo*, *salchichas* (sausages) and a braise of tongue or chicken with freshly baked biscuits and breads.

In his book, *The World of Felix Roxas*, Felix Roxas describes his morning experience at the Arnedos where a servant had invited him into the dining room.

I followed him and discovered a scene belonging to the Thousand and One Nights. The many tables of the previous night with their complicated silverware had been reset for breakfast; rearranged on elegant glass trays was an assortment of exquisite biscuits with which Sulipeño hospitality regaled its admirers. Tea, chocolate, or coffee were each served in appropriate cups, the napkins hand embroidered. The ensemble was remarkable for its elegance; the service for its flawlessness.

The early morning breakfast is followed by a lighter meal called the *segundo* (a contraction of *segundo almuerzo* or second breakfast). Coffee, tea, or chocolate is paired with flour or rice *empanadas* (meat pies), airy and puffy *buñuelos* (beignets), and fancy breads such as *ensaimadas* or *petit fours*. Lunch is best described again in Feliz Roxas' account of his stay:

At midday the newly-set tables would offer the guests more select and exquisite menus than the best Manila restaurants could offer, from the tiny maya (rice bird) deliciously seasoned, to rarest shellfish. The most savory fruits, inimitably perfect ices and "syrups" were enjoyed even by the most demanding of guests.

Afternoon *merienda* or *merindal* (snack) was again coffee, tea or chocolate, this time accompanied by



bought and made-to-order, such as delicacies or sweets. Another term used in this book is *pepa lutu* (cooked upon request), food prepared by a hired cook or professional catering service.

The rich Sulipan households of the 1800s to the 1900s used European crystal and fine china for all occasions. In the Arnedo, Escale, and Gonzalez homes, there was a year-round flow of visitors from the city's well-heeled and vacationing royalty. The Arnedo house was divided into two portions of which only one half now stands. One part that connected to a dining hall had rooms that separated the male and female guests. It is no wonder that many Pampangos have loud voices since they had to communicate in such large houses without the help of intercoms and switchboards.

To the guests who enjoyed memorable meals in such households, there was little difference between Ocampo's *pamangan pag-fiesta* (fiesta fare) and the author's *pamangan* (catered food), since whatever the large kitchen staff of the household could not handle, it hired specialists to prepare. Two such personalities were the Arnedo chefs Apung Juan Padilla, a master pâtissier who made sugar and pastry sculpture; and Don Emilio Gonzalez, a professional caterer who plied the big Sulipan and Bacolor households. Equally popular among Bulacan's influential families, both chefs were enlisted to create the menu for the inaugural session of the revolutionary Malolos Congress held in 1898 in Malolos, Bulacan. The menu created reflected the elegant dining style of the *ilustrado* (educated/learned) which

A PROFILE OF CLASSIC SULIPAN MEALS

At present-day standards, the unhealthy extravagance of the typical upper class Sulipan meal borders on the frivolous. Modern health concerns and financial limitations have put a cork on such decadent dining practices which marked the wealth of a leisure class built on agriculture and trade.

Ambeth Ocampo, popular historian and scholar from Pampanga, divides Pampanga food into three categories: *pang-fiesta*, for special occasions like *fiestas* (feasts); *pang-aldo-aldo*, common table fare; and commercial food or *pepa sali* which is



in dining
pleasure, were
observed by the
Sulipeños.

Their cooks had executed a dinner that, up to now, meets the highest standards of dining observed by rich, lavish and impeccable lifestyles.

COOKING IN SULIPAN

After Philippine ports were opened to world trade in the first 40 years of the 19th century, the country's subsistence-oriented economy changed overnight into one that raised and sold crops, at huge profits, on the world market.

Even before this economic boom, Pampanga had enjoyed the prominence of being the country's major food supplier. Thus, such a period brought forth an age of opulence and leisure to the *principalia* (upper class).

The state of cuisine is dictated upon by economic factors; and so it was during this period of opulence that Sulipan families guested other members of the *principalia* from Manila and other provinces to unforgettable weekend stays.

The large Sulipan homes were built around the concept of hospitality. Focal points were the cooking and storage areas which provided the memorable creations served in lavish banquets and balls. The kitchen was as large as the living room and, following the typical

ices, syrups, and preserved sweets with *churros* (fritters), *bocaditos* (meat turnovers) and, on warm days, a cordial flavored with local fruits like *santol*, *duhat*, or mango steeped in syrup and topped with crushed or cracked ice.

The Sulipan dinner is best exemplified by the multi-course and multi-wine Malolos Congress menu which combined Spanish and French traditions of service, sequence and menu items designed by the "imported" Sulipan cooks. A copy of the original menu shows that the country's premier lawmakers started with sherry and *hors d'oeuvres* of oysters, butter radishes, Lyon sausages, sardines with tomatoes, salmon in hollandaise with pink prawns followed by a Bordeaux paired with a sequence of creamed crayfish, a stew of sweetbreads and mushrooms in a puff pastry shell,

chicken gIBLETS *à la Tagale* (probably *adobado*) and lamb cutlets baked in paper (*à la papillote*). Such techniques were prevalent in European *haute cuisine* at that time. In more decadent fashion, a *sauterne* was paired off with a turkey stuffed with truffles (still observed as a classic combination but rather outmoded now). The barrage of main courses ended with a *chateaubriand* (tenderloin centers) and ham with asparagus all washed down by some sherry. For dessert, a cheese plate, fruits, pastries, strawberry jelly, and fruit ices or cream were served with champagne. The meal ended with Chartreuse, a traditional liqueur and *digestif*, followed by cognac then tea or coffee.

Such dining styles, accompanied by sequences of wines and spirits for toasting, and which provide the ultimate



design of Philippine ancestral homes, was a separate building connected to the house by a covered walk. There was a *silid* or *bodega* (storeroom) for storing rice,

ripening fruits, sausages and other sundries. Cooked food was kept away from flies and vermin in a screened wooden cabinet called *paninggalan*. Those who could afford deliveries of imported ice eventually added a *nibera* (ice box). *Queng lalam* (the side underneath the kitchen) was a rear entrance where roasting, quantity slaughtering and braising were done, and where *kawas* (metal vats), some large enough for six people to sit in, were used for braising or scalding fowl for dressing. The size of the *kawa* (which was visible from the windows) marked how well a family could afford to feed their guests. Baking and roasting were done in an *horno* (oven), a beehive dome made of lime and bricks and fired by wood. A *tangnan*, carved from a huge tree stump and surrounded by smaller stumps, was used as a chopping slab. Mortars and pestles or *almiriz* were fashioned from marble, granite and wood depending on the fineness required or the ingredient being

pounded. A *gilingan* (grinder) made of granite was used to make a paste out of rice, nuts and corn; while the *garapiñera*, for making ices and ice cream, was a rather new device contrived when ice had become available towards the last three decades of the 19th century. Cast-iron or copper pots and pans were used side by side with pre-Hispanic clay vessels like *kuran*, a claypot for soups and boiling. Both were covered with a clay top called *suklod* and rested on a *lakal*, or a pot stand, before and after cooking. Cooking knives, including a cleaver of machete proportions, used for heavy duty work were called *kampit* as against the smaller *kutsilyo*. Hot chocolate was cooked in a tall brass or copper urn (*chocolatera*) and aerated with a wooden whisk or *batirol*. Various condiments in glass jars lined the kitchen shelf, while crocks helped fermenting items such as *burong isda* (fermented fish), mango, and *kamias* (a small, sour fruit). Salt was stored in porous ironstone crocks that kept it dry even during the rainy season.

Huge earthenware jars by the *azotea* (terrace) caught rainwater for drinking; some stored *hito* (catfish) or *dalag* (mudfish) being fattened with bread and kitchen scraps. Potted herbs such as mint, *dayap* (lime), *kuchay* (a green leek), and parsley would be ready for picking on the sunny side of the terrace. The detail accorded by the Sulipan household to preparing food became the nucleus of reasons and excuses to celebrate the fertility and bounty of the land. ✂





Lengua Legislativa (Braised
Tongue Congressional Style)



Relleno de Pescado
(Stuffed Bass)

LENGUA LEGISLATIVA

Makes 8-10 servings

Lengua, the most refined of variety meats, had a special place in the tables of the elite.

INGREDIENTS:

3 Tbsps	Unsalted butter
1 tsp	Chopped garlic
¼ cup	Chopped onions
1 cup	Chopped and seeded tomatoes
1 tsp	Paprika <i>picante</i>
1	Bay leaf
¼ cup	Ilocano cane or wine vinegar
1 recipe	<i>Lutong dila</i> (see recipe below)*
4 cups	Ox tongue stock
3 Tbsps	Flour
2 ½ Tbsps	Liver <i>pâté</i>
1 cup	<i>Salchichas</i> (pork sausage), sliced diagonally
¼ cup	Sherry
	•Green olives
	•Sliced red bell peppers, blanched
	•Salt and pepper

PROCEDURE:

1. In a large pan, melt butter and sauté garlic lightly. Add onions and tomatoes and sauté until soft. Add paprika, bay leaf, and vinegar. Simmer for about 2 minutes.
2. Add sliced ox tongue and toss lightly with the sauce. Add the stock from the cooked ox tongue and simmer covered for 10-15 minutes until sauce is slightly reduced. Mix the flour with some melted butter and add to the sauce to thicken. Mix in *pâté* and *salchichas*. Simmer about 5 minutes until sauce thickens. Add sherry and season with salt and pepper to taste.
3. In a serving platter, arrange the tongue slices alternating with *salchichas*. Garnish with olives and bell pepper slices.

*LUTUNG DILA (COOKED OX TONGUE)

INGREDIENTS:

1	Whole ox tongue
1 tsp	Whole black peppercorns
1	Bay leaf
1 tsp	Salt
¼ cup	Ilocano, cane, or strong wine vinegar
¾ cup	Gin
1	Onion, quartered

PROCEDURE:

1. Clean the tongue by blanching in boiling water for about 5 minutes.
2. Remove coarse outer layer with a knife. Fry the tongue to seal the meat.
3. In a large pan, cook the tongue with the peppercorns, bay leaf, salt, vinegar, gin, and onion. Bring to a boil then simmer covered. As the liquid reduces, add water to cover and boil until the tongue is cooked, about 3-4 hours.
4. Remove the tongue and strain the remaining stock back into the pan. Reserve the stock. Chill cooked tongue in the refrigerator then slice diagonally into ¼" portions. Store in refrigerator.

RELLENO DE PESCADO

Makes 6-8 servings

INGREDIENTS:

1 (800g - 1 kilo)	Whole <i>apahap</i> (bass)
1 ½ cups	Butter, softened
2-3 Tbsps	Lemon juice
	•Salt and pepper
¼ kilo	White shrimps
2	Medium onions, chopped
	•Dash of white wine
½ - 1 cup	<i>Panko</i> bread crumbs
2-3	Large tomatoes, sliced

PROCEDURE:

1. Preheat oven to 350°F. Clean fish and cut the belly open for stuffing. Brush the fish evenly inside out with butter and season with lemon juice, salt and pepper. Set aside.
2. Sauté shrimps with onions in butter until half cooked. Add white wine and season to taste. Mix with breadcrumbs as binder and set aside to cool.
3. Stuff shrimp mixture inside the fish belly. Set the fish in a buttered baking pan. Alternatively, you may spread shrimp mixture over the fish. Top with sliced tomatoes.
4. Bake until topping is golden brown and almost dry. Arrange on a serving platter and serve with hollandaise sauce.



Bean There, Done That

There is a superfood grown locally that is affordable, accessible, and packed with health benefits. We're talking about the humble little green bean, the *monggo*. The classic Filipino *monggo* stew is one of the most comprehensively nutritious dishes that could do wonders for your family's health. It is packed with nutrients like lecithin, which prevents heart disease, iron for increased oxygen delivery in the blood, magnesium for normal muscle function, folate to support nerve and brain function and Vitamin K for healthy bone tissue. Try adding a Knorr pork cube next time you make your *monggo* stew and transform this simple every day dish into the star of the dining table. *Munggo-gulat ka sa pork linamnam!*

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The Party Kitchen is the perfect answer for those who are looking for better quality food delivery, whether for home or office, celebrations, or simply to satisfy sudden cravings for indulgent food. Aside from Filipino party food favorites such as Spaghetti, Pancit Canton, Pancit Malabon, BBQ, and Lumpiang Shanghai, The Party Kitchen also serves gastronomic treats that are sure to find a place on your party table such as Chap Chae, K-Pop Wings, Lechon Roll, Lechon Sisig, Callos, Beef Tadyang Kare-Kare, plus many more scrumptious sweets and treats. The Party Kitchen brings back the "special" in special delivery!

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Mmm...Mamon

With the success of its flagship Butter Mamon, Red Ribbon launches another first in the Filipino market: the one-of-a-kind Cookies and Cream Mamon which will share the spotlight with Ube, Mocha, Caramel, and Butter Mamon. Red Ribbon's new Cookies and Cream Mamon variant, a soft and moist chocolate chiffon topped with creamy white chocolate and cookie bits, is another unique way to enjoy your favorite *mamon*.

TO FIND OUT MORE ABOUT RED RIBBON'S MANY DELIGHTS, VISIT
WWW.REDRIBBONBAKESHOP.COM



Savoring Shanghai

The symphony of flavors that Chinese food lovers enjoy can now be found in Modern Shanghai's "Savor Shanghai," a three-course value meal set that is good for two and available all day, Monday to Friday. Delectable dishes like Sweet and Sour Chicken and Sliced Beef with Scallions are just some of the dishes available. These sets come with the restaurant's Xiao Long Bao soup dumplings and two orders of egg rice.

MODERN SHANGHAI HAS BRANCHES AT 3/F GLORIETTA 2, AND 2/F NORTH VERANDA, SM MALL OF ASIA



Perfect Partner

Afritada, caldereta, adobo, mechado, and sisig are just some of the most loved dishes in the Philippines. Now, these Pinoy favorites come in a healthier version, courtesy of the KumpleTuna, 555 Tuna. 555 Tuna is packed with flavorful and nourishing tuna, which is a rich source of protein, omega 3, and vitamin A. Every can of 555 Tuna comes complete with vegetables and a rich, flavorful sauce which perfectly complements plain rice.

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Bake with Confidence

The rainy season is the best time for families to bond over indoor activities like baking. Bake with ease all year round using Anchor Hocking glass wares that are easy to clean, durable, and multi-purpose. Anchor Hocking also boasts of excellent non-stick coating and it bakes more evenly, avoiding corner burns. Overbaking is never an issue when you can see through the transparent, high-quality glass.

ANCHOR HOCKING IS AVAILABLE IN RUSTAN'S HOME SECTION, SM HOMEWORLD, ROBINSON DEPARTMENT STORE-GALLERIA, AND ROBINSON DEPARTMENT STORE-MAGNOLIA



Cook with Ease

It's no secret that Filipinos are lovers of Asian food. Be it Chinese, Korean, or Japanese, Asian cuisine stirs up our senses when preparing (and indulging in) our comfort food recipes. However, finding and using the right cookware becomes a challenge. Straight from Korea, the Hibiscus series of Chef's Classics is your answer to hassle-free yet comforting Asian meals. Using Korean technology, each product from the Chef's Classics Hibiscus series is coated with a diamond lining, making them scratch-resistant and easy to clean. No matter how greasy or sticky, stains and residue will come right off your cookware with one wash.

CHEF'S CLASSICS PRODUCTS ARE AVAILABLE IN ALL LEADING DEPARTMENT STORES NATIONWIDE



Time for Tea

Tea lovers can now enjoy Serenitea's Tea Confections Time with bestselling milktea flavors in various forms such as chocolate bars, candy bits, and tea jams. Indulge in decadent, tea-infused chocolate bars, and tea-infused jams like Strawberry Rose and Salted Caramel. Choose from exciting chocolate-tea flavors: Matcha Marble, Hokkaido Milk Chocolate, White Chocolate Taro, and Milk Chocolate with Assam. Curb your Hokkaido and Okinawa milk tea cravings with Serenitea's candy bits. Have a moment with Serenitea in the comforts of your own home with Serenitea's tea bags: roasted tea, peppermint, white tea, blueberry, and *gyokuro genmaicha* tea.

SERENITEA'S TEA CONFECTIONS IS AVAILABLE IN SELECTED BRANCHES NATIONWIDE

Cooking Fresh and Easy with Irinox

It was a magical afternoon spent in the kitchen when a select group of foodies and cooking aficionados witnessed a special cooking demonstration by Italian Executive Chef Ortu Gianluca to introduce the new home line of Irinox. Together with his Asian team composed of Chef Samantha Lee of Irinox Malaysia, Chef Hendry Wiharto of Irinox Indonesia, and Chef Christine Estur of Irinox Philippines, Chef Ortu impressed the crowd with a parade of elegantly prepared dishes such as focaccia with onions and rosemary, homemade ravioli stuffed with mushrooms and prawns in pesto sauce, fried chicken lollipop stuffed with ricotta cheese, chicken breast stuffed with fresh asparagus, and homemade tiramisu.

Sofia Co, exclusive distributor of Irinox in the Philippines, welcomed her guests with glasses of champagne and sparkling drinks

made with the Irinox Wave, a household water dispenser. Wave is connected directly to your local water supply and it produces micro-filtered fresh or carbonated water.

Chef Ortu also showed guests the many wonderful ways to use Freddy, the only domestic appliance that shock freezes and cooks, thaws and proofs, blast chills and heats. Freddy is the first domestic appliance that combines slow cooking and fast chilling in one machine. Freddy also helps preserve the freshness of food by keeping the flavors, colors and nutrients of food intact.

Chef Reggie Aspiras, one of the many fans of Irinox, has this to say about her Freddy, "You cannot live without it once you have it! It's like a car in the kitchen...It gets you through from one process to the next, in flash speed or snail's pace, depending on the journey you wish to take."

Chef Ortu Gianluca



Coconut Semifreddo Popsicle
Mango Lychee Compote

The Philippines' Largest Ballroom at Marriott Manila

Marriott Manila recently opened the Marriott Grand Ballroom last July 1, 2015 attended by Marriott officials Mr. Karl Hudson (Marriott Hotels Area Vice President for Thailand, Vietnam, Philippines & Japan), Mr. Craig Smith (Marriott Hotels President and Managing Director Asia Pacific), Mr. Bruce Winton (General Manager, Marriott Manila) and Pasay City Mayor Antonino Calixto.

The Philippines' largest ballroom can easily accommodate 4,000 guests for cocktails and 2,500 persons for a banquet set-up.

This new architectural marvel offers a total of 8,000 square meters of function space, a blank canvas that is perfect for small or large meetings, all types of celebrations and grand events from product launches to concerts.

The Marriott Grand Ballroom was designed by international hospitality firm professionals Gettys Group. Its modern and sleek design is accentuated with Filipino heritage artwork by artists Impy Pilapil and Roberto Robles and customized furniture by renowned Filipino furniture designer Kenneth Cobonpue.

The main ballroom features state of the art technology that uses SkyFold Technology—vertical folding partitions from the ceiling that changes the room configuration in mere minutes. The country's most prestigious address for social events also boasts of outstanding acoustics and a high tech lighting system.



A Toast to Chilean Wines

Concha Y Toro, one of the leading brands of Chilean wines worldwide, recently hosted an exclusive 5-course degustation and wine-pairing dinner at the Prince Albert, Hotel Intercontinental. Premium varietals of Casillero del Diablo, such as the Viognier and Carmenere, as well as the Cabernet Sauvignon and Sauvignon Blanc, were paired by wine connoisseur Cecile Mauricio with executive chef Jean Marc Veron's dishes.

Distributed by Fly Ace Corporation, Casillero del Diablo is rated one of the best value wine brands in the world. President Jun Cochanco, Senior Product Manager Jasmine Capule and Fly Ace PR lady MJ Cordova welcomed guests with a glass of Sparkling Brut Reserva, which started the evening on a high note.

Seen enjoying the dinner were restaurateurs and friends from the media including Chefs Gene and Gino Gonzalez, Chef Xavier Btesh, Carlo and Jackie Lorenzana, Agnes Abad-Ong, Nana Ozaeta, RJ Ledesma, Sandy Daza and Mikka Wee.

At the London Wine Fair held last May, Concha y Toro was awarded 'Best Drinks Company of the Year' in the international category. The recognition is part of Awards 2015 given by the prestigious British magazine The Drinks Business.

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A Slice of (Cherry) Pie

As told to **Via S. Pelea**
Photographed by **Mark Joseph Griswold**

Award winning actress Cherry Pie Picache is the ultimate artist—she can do comedy or drama with equal ease. And now the artist in her is being expressed in another avenue: a Filipino restaurant. Read on as Cherry Pie reveals how being a foodie has always been in her DNA long before the lure of the camera came calling.

WHEN DID YOUR INTEREST IN FOOD START?

My mommy was a whiz in the kitchen even if she didn't have formal training. She has been my inspiration and has influenced me the most.

WHAT FOOD FROM YOUR CHILDHOOD DO YOU STILL COOK TODAY?

A lot! Mom's homemade chicken *galantina*, chicken *relleno*, Korean beef stew, and upside down cake are just some of the things I make. She had this "golden book" and in it are all her secrets. It's with me now.

WHAT ARE YOUR SIGNATURE DISHES?

Chicken *galantina* and chicken *relleno*—the "refined" version of it anyway. Through the years, I can tell if I've achieved the actual taste by the smell of it, by the feel of it, how it should look like even if the ingredients are still raw.

WHAT'S THE MOST MEMORABLE MEAL YOU'VE HAD IN YOUR TRAVELS?

Oh my, a lot! My son and I have very adventurous taste buds, we're die hard foodies. We've frequented many hole-in-the-wall restaurants like Peking Duck in Hong Kong, we love *xiao long bao* from Taiwan and Eng Seng black pepper crabs in Singapore. Locally, I ask people on the street [where] the best places to eat are, not [necessarily] the popular ones.

YOUR SON IS AN ATHLETE. DO YOU PREPARE SPECIAL MEALS FOR HIM?

Since my son joins competitions, I do my research and then plan his meals depending on his requirements. If he has a tournament in the morning, I make a carb-heavy diet the night before then make him eat peanut butter and jelly sandwich on wheat bread in the morning.

WHEN EATING OUT, WHO GETS TO CHOOSE WHERE YOU WILL EAT?

My son! Since I'm a working mom, we go on dates. We read reviews then try [the restaurant] out ourselves. [One day,] I hope to have a food blog with my son.


HOW DID YOU GET INTO THE RESTAURANT BUSINESS?

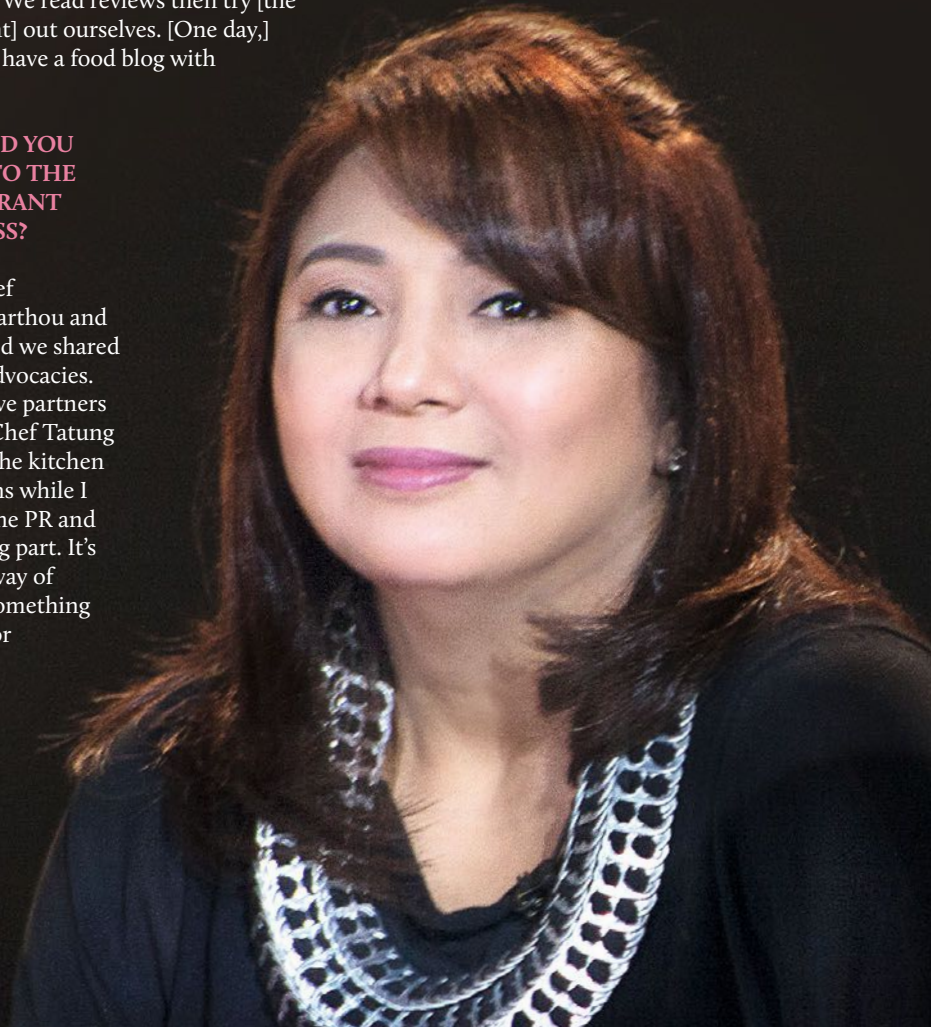
I met Chef Tatung Sarthou and discovered we shared similar advocacies. We are five partners in Alab. Chef Tatung handles the kitchen operations while I take on the PR and marketing part. It's also my way of leaving something behind for my son.

WHAT IS YOUR GUILTY PLEASURE?

Anything cheesy—hands down cheese puffs, cheese curls!

PLEASE COMPLETE THE SENTENCE: I HAVE AN APPETITE FOR...

Everything! Anything! I am a passionate person and I am a dreamer. My passion is to see my dreams come true. 



Judy Ann's Kitchen

Judy Ann Santos-Agoncillo



"There's truly something special about preparing meals for the people who matter in your life. I see that good food can put smiles on their faces, and I consider it an accomplishment that I am able to make people happy with the food I cook."

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Basta Pinoy Palamig,

**'Lika na sa
Goldilocks!**



THIRST QUENCHERS